

LifePlex Health Club Deluxe Member Group Fitness Schedule

EFFECTIVE 8/28/17

All Classes Require A Wrist Band

Studio Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
PILATES MAT in S1 8:00 AM w/ KAREN S	ZUMBA in S1 8:00 AM w/ THERESA	TOTAL BODY CONDITIONING in S1 8:00 w/ LOUISA	CARDIO SCULPT in S1 8:00 AM w/ THERESA	CARDIO SCULPT in S1 8:00 AM w/ DONNA		**CROSSFIRE in S1 8:15 AM w/ TIFFANY	
**CROSSFIRE in S1 9:20 AM w/ MERYL	**CARDIO KICK & BURN in S1 9:20 AM w/ MERYL	**POWER BARRE in S2 9:15 AM w/ KATHY	**PILATES MAT in S1 9:30 AM w/ JENNY	**STEP/KICK/SCULPT in S1 9:20 AM w/ JENNY	S1 = Studio 1 S2 = Studio 2 S3 = Studio 3 **= WOMEN'S ONLY All classes are allotted a time slot. This time includes setup & breakdown. Your instructor will determine actual class length within the designated time frame.	**20/20/20 IN S2 8:30AM w/ THERESA	
**PILATES FUSION in S2 9:30 AM w/ ELLEN				** YOGA in S3 9:15 AM w/ DEVORAH		**BOOTCAMP in S1 9:30 AM w/ MERYL	
** YOGA in S3 9:30 AM w/ JANICE	**PILATES MAT in S1 10:30 AM w/ JENNY	**BODY BLAST IN S1 9:20 AM w/ MERYL	**STRENGTH FUSION in S2 9:30 AM w/ NAAMAH	** ZUMBA in S2 9:30 AM w/ ELLEN		**CORE BARRE IN S2 9:30 AM w/ TIFFANY	
**STEP/KICK/SCULPT in S1 10:30 AM w/ JENNY	**STRENGTH FUSION in S2 10:30 AM w/ MERYL			**BOOTCAMP in S1 10:30 AM w/ JENNY		**YOGA in S3 10:30 AM w/ SHARIE	
**CARDIO SCULPT in S2 10:30 AM w/ NAAMAH		LOW BUT LOADED in S2 10:20 AM w / LAURA	**DANCE FUSION in S2 10:30 AM w/ ELLEN	**20/20/20 in S2 10:30 AM w/ ELLEN		**ZUMBA in S1 10:40 AM w/ ESTEE	
**Cardio Sculpt in S1 5:30 PM w/ NICOLE	**POWER YOGA in S3 7:30pm w/ TERRY OR SARAH	**HIIT in S1 10:30 AM w/ KATHY	**Warrior Sculpt in S1 10:30 AM w/ ILANA	No Entry to Class in progress. No bands issued after Scheduled start times. Please note classes are subject to change/cancellation without notice. Use of cell phones is not permitted in Group Exercise Classes			
				<u>Club Hours</u>		<u>Nursery Hours</u>	
				MON-THURS 5AM - 11PM		Mon-Fri 8:30am -2:15pm	
				FRIDAY 5AM - 8PM		Sunday 8:00am-2:00pm	
				SAT 7:30AM - 5PM			
				SUN 7:30AM - 5PM			
**ZUMBA IN S1 8:00 PM w/ RIVKY	** POWER BARRE IN S2 8:00 PM w/ KATHY	** ZUMBA in S1 8:00 PM w/ SUE	** ZUMBA in S1 8:00 PM w/ KATIE				

Meryl Reffsin Group Fitness Director: Meryl.lifeplex@gmail.com

Spin Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM **SPIN w/TIFFANY		9:15 AM **SPIN w/ ZAHAVA		9:30 AM **SPIN w/ ADINA		9:30 AM **SPIN w/ JULIE
		10:20 AM **SPIN w/ JENNY				

Aqua-Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
**11:00 AM w/ DEBBIE	9:30 AM w/ CHRISTINE	**11:00 AM w/ GITTY	9:30 AM w/ CHRISTINE	9:15 AM w/ ZAHAVA or DEBBIE
** 12 PM w/ SUSAN	** 6:45 PM w/ NICOLE		** 12 PM w/ DEBBIE	**10:00 AM w/ ZAHAVA or DEBBIE

