

**LifePlex Health Club Deluxe Member Group Fitness Schedule** **EFFECTIVE 1/21/18**

**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/ CHRISTINE		**STRENGTH FUSION in S1 8:15 AM w/ TIFFANY
**CROSSFIRE in S1 9:25 AM w/ MERYL	**CARDIO KICK & BURN in S1 9:25 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 9:25 AM w/ JENNY  ** YOGA in S3 9:15 AM w/ DEVORAH	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.	<b>NEW TIME!</b> **20/20/20 IN S2 8:15 AM w/ THERESA
**PILATES FUSION in S2 9:30 AM w/ ELLEN		**BODY BLAST IN S1 9:25 AM w/ MERYL		** ZUMBA in S2 9:30 AM w/ ELLEN		**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	** YOGA in S3 9:30 AM w/ JANICE	**STRENGTH FUSION in S2 9:30 AM w/ NAAMAH	**BOOTCAMP in S1 10:30 AM w/ JENNY		**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		**DANCE FUSION in S2 10:30 AM w/ ELLEN	**20/20/20 in S2 10:30 AM w/ ELLEN		**YOGA in S3 10:30 AM w/ SHARIE
**CARDIO SCULPT in S2 10:30 AM w/ NAAMAH	**POWER YOGA in S3 7:30pm w/ TERRY OR SARAH	LOW BUT LOADED in S2 10:20 AM w / LAURA				**ZUMBA in S1 10:40 AM w/ ESTEE
**CARDIO SCULPT in S1 5:30 PM w/ NICOLE		NEW FORMAT!! TOTAL BODY CONDITIONING in S1 10:30 AM w/ KATHY	NEW FORMAT!! **20/20/20 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		
**ZUMBA IN S1 8:00 PM w/ RIVKY	** POWER BARRE IN S2 8:00 PM w/ KATHY	** ZUMBA in S1 8:00 PM w/ KATIE	** ZUMBA in S1 8:00 PM w/ ROSA	<b>Club Hours</b> MON-THURS 5AM - 11PM FRIDAY 5AM - 8PM SAT 7:30AM - 5PM SUN 7:30AM - 5PM	<b>Nursery Hours</b> Mon-Fri 8:30am -2:15pm Sunday 8:00am-2:00pm	

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

**Spin Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:15 AM **SPIN w/ ZAHAVA		9:15 AM **SPIN w/ ESTI		9:30 AM **SPIN w/ TIFFANY		9:30 AM **SPIN w/ AIDY OR ESTI
		10:25 AM **SPIN w/ JENNY				

**Aqua-Aerobics Schedule**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
**11:00 AM w/ GITTY	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/ CATHERINE	** 6:45 PM w/ NICOLE		** 12 PM w/ DEBBIE	**10:00 AM w/ ZAHAVA or DEBBIE		

