



FINEST FITNESS

HEALTH AND SPORTS CLUB

208-12 East Main Street Patchogue, New York 11772
 631.730.8820 www.finestfitness.net www.myspace/finestfitness

Group Exercise Class Schedule

Effective February 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning	Morning	Morning	Morning	Morning	Morning
6:00AM-6:30AM Total Body Group X w/Colin	9:30AM-10:30AM Yoga Group X w/ Ashley	6:00AM-6:30AM Total Body Group X w/Colin	8:00AM-9:00AM Kick & Tone 4 All Group x-w/Tara		8:30AM-9:30AM Spinning Studio 2- w/Victoria
9:30AM-10:30AM Cardio/Kickboxing Group X - Lisa	9:30AM-10:30AM Spinning Studio 2- w/ Christine	9:30AM-10:30AM Cardio Challenge Group X- w/Matt	9:30AM-10:30AM Body Pump Group X -Kevin	9:30AM-10:30AM ZUMBA Group X - Aphrodite	9:30AM-10:30AM Body Blast Group X- w/ Hector
	10:30AM-11:00AM Stronger Seniors Group X -w/ Janine	10:30AM-11:00AM H.E.A.T. Group X -w/ Rich	10:30AM-11:00AM Stronger Seniors Group X -w/ Janine		
Evening	Evening	Evening	Evening	Evening	Morning
4:30PM-5:30PM Spinning Studio2-w/Katherine	5:30PM-6:30PM H.E.A.T. Group X -w/ Rich	5:30PM-6:00PM Interval 30 Group X -w/ Suzanne	5:30PM-6:00PM Express Spin Studio2-w/Katherine		9:30AM-10:30AM Yoga Group X- w/ Diane
5:30PM-6:30PM Core Ball Group X- w/Desiree	6:00PM-7:00PM Ladies Kick &Tone Group X - w/Tara	6:00PM-7:00PM Mat & Ball Pilates Group X -w/ Suzanne	6:00PM-7:00PM Ultimate Cardio Group X - w/Victoria		10:45AM-11:45AM BodyWorks Group X-Kevin
6:30PM-7:30PM Extreme Boot Camp Group X - w/Hector	7:00PM-8:00PM Total Body Cond Group X- Hector	7:00PM-7:30PM Six Pack Attack Group X- Hector	7:00PM-8:00PM Pilates Group X-Victoria		
7:30PM-8:30PM Cardio/Kickboxing Group X - Victoria	8:00PM-8:30PM BallYoga Group X w/Elizabeth	7:30PM-8:00PM Body Sculpting Group X - Hector	8:00PM-9:00PM Special Requests Group X- Hector		
8:30PM-9:30PM Zumba Group X -Bobbi-Ann	8:30PM-9:30PM Old School Yoga Group X w/Elizabeth	7:30PM-8:30PM Spinning Studio2-w/Katherine			

Child Care hours of operation are:
 Monday - Saturday 8:00am - 12:00pm
 Monday - Friday 4:00pm - 8:30pm

Hours

Monday - Thursday

24 hours

Friday - until 11pm
 Saturday - 6am - 11pm
 Sunday - 6am - 7pm

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