

# South Jersey Healthcare Fitness Connection Group Fitness Schedule

**\*\* NEW SCHEDULE STARTS NOVEMBER 21st \*\***

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30		SPIN 30 Jaime	Body Pump Kathy/Dawn E	SPIN 30 Jaime			
7:10	Step Intervals Theresa		Step Intervals Theresa				
8:00						Yoga Fit Debbie	
8:30		SPIN 30 Theresa		SPIN 30 Theresa		SPIN 30 Hope/Dawn E	
9:00	SPIN 45 Kris On the Ball 30 * Kamilla	SPIN 30 Theresa Dancercise 30 Kamilla	SPIN 45 Dawn Dancercise 30 Kamilla	SPIN 30 Theresa Dancercise 30 Kamilla	SPIN 45 Aimee Yo-Ball-lates * Kamilla	Pilates * Carol Sets n Reps 45 Hope/Dawn E	Pilates * Carol
9:35	Zumba Amy Yo-Ball-lates * Kamilla	Body Pump Ashley Yogacise * Kamilla	Zumba 45 Amy On the Ball 30 * Kamilla	Body Pump Theresa Yogacise * Kamilla	Zumba Amy		
10:00			Yoga Stretch 30 * Kamilla				
10:30	Sets n Reps 30 Kris	SPIN 30 Kris		SPIN 30 Kris			
11:00	Men's Yoga * Kamilla		Men's Yoga * Kamilla				
<b>PM</b>	<b>CCC Class is scheduled in basketball court Tuesdays 2:30 pm- 3:30 pm</b>						
4:30	Kettle Bells 30 Hope	Step Intervals Eileen	Kettle Bells 30 Hope	Power Step Resse			
5:00	SPIN 30 Hope	SPIN 30 Dawn K	SPIN 30 Hope	SPIN 30 Liz			
5:35	Zumba Laura	Sets n Reps 45 Dawn K	Zumba Stephanie D	Body Pump Liz			
5:45	SPIN 45 Katie		SPIN 45 Aimee				
6:00	Yoga fit 75 * Debbie		Yoga fit 75 * Debbie				
6:30	Body Pump Ashley	Pilates* Debbie	Body Pump Reese	Pilates * Debbie			
6:45		Kickboxing Resse		Kickboxing Resse			
7:30		Zumba Stephanie D		Zumba Stephanie D			

**Basketball Court Open  
for Free Play**

***Mondays***  
11 am – 4:15 pm  
& after 7:45 pm

***Tuesdays & Thursdays***  
5:30am – 8:45am  
10:45am – 4:15 pm  
& after 8:45pm

***Wednesdays***  
11:15am – 4:15pm  
& after 7:45 pm

***Fridays***  
6:30 am – 9:20am  
& after 11 am

***Saturdays:*** After 11 am  
***Sundays:*** Open all day

**\*Class taught in the Ball Room**

**All other classes in Basketball Court /  
Main Aerobics Room**

Please call to reserve a bike for Spin only

Hours : M-F 5:30am -10pm  
Sat 7am -6pm      Sun 7am - 3pm