


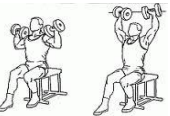







FEBRUARY FITNESS CLASSES 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>SPIN CLASS 8:30 AM - 9:25 AM</p>	<p>SPIN CLASS 9:30 AM - 10:15 AM</p>	<p>BODY WORKS 9:00 AM - 10:00 AM (BRING MAT)</p>	<p>SPIN CLASS 8:30 AM - 9:25 AM</p> 	<p>SPIN CLASS 9:00 AM - 10:00 AM STARTING FEBRUARY 9TH</p>	<p>SCULPTING 9:30 AM - 10:15 AM (BRING MAT)</p>	<p>YOGA 9:30 AM - 10:00 AM</p>
<p>YOGA 9:35 AM - 10:30 AM</p>	<p>SCULPTURE 10:30 AM - 11:15 AM</p>	<p>YOGA 10:30 AM - 11:30 AM</p>	<p>YOGA 9:35AM - 10:30 AM</p> 	<p>YOGA 10:30 AM - 11:30 AM</p>	<p>CARDIO ZUMBA 10:15 AM - 11:00 AM</p> 	<p>BIRTHDAY PARTIES 12:00 PM - 2:00 PM 3:00 PM - 5:00 PM PLEASE CALL FOR MORE INFORMATION</p>
	<p>SCULPTURE/YOGA 6:00 PM - 7:00 PM</p>	<p>SPIN CLASS 6:00 PM - 7:00 PM</p>	<p>STEP AEROBICS 7:15 PM - 8:00 PM</p> 	<p>ZUMBA/LATIN DANCE 6:00 PM - 7:00 PM</p>	<p>BALLROOM DANCING 7:30 PM - 8:30 PM REGISTRATION FEE \$50.00 4 WEEK COURSE FEB. 3RD, 10TH, 17TH, 24TH</p>	
<p>NON-MEMBER SECAUCUS RESIDENTS CAN PURCHASE A DAILY PASS FOR \$10.00 WHICH INCLUDES USE OF THE FACILITY AND ALL CLASSES THAT ARE BEING OFFERED THE DAY THE PASS IS PURCHASED</p>	<p>STEP/TONING 7:00 PM - 8:00 PM BRING MAT</p>		<p>KICKBOXING ARMY WORKOUT 8:00 PM - 8:45 PM</p> 	<p>WATER AEROBICS 7:00 PM - 7:45 PM</p> 	<p>FOR AN ADDITIONAL FEE Brazilian Jiu-Jitsu Tuesday 7:15 PM - 8:45 PM Wednesday 7:30 PM - 9:00 PM Saturday 10:00 AM - 11:30 AM</p>	
	<p>KICKBOXING ARMY WORKOUT 8:00 PM - 8:45 PM</p> 	<p>YOGA 7:00 PM - 8:00 PM RECREATION CENTER 145 FRONT STREET</p>	<p>BODY WORKS 7:00 PM - 8:00 PM</p>	<p>SPACE IS LIMITED IN EACH CLASS AS A COURTESY TO OTHERS PLEASE ARRIVE ON TIME FOR CLASS ALL GUESTS AND MEMBERS MUST REGISTER/PAY AT FRONT DESK</p>		

- * MUST BE 16 AND OVER TO USE FITNESS CENTER
- * MUST BE 12 & OVER TO USE TRACK & BASKETBALL COURTS WITHOUT ADULT SUPERVISION
- * MUST BE 14 & OVER TO USE POOL AREA WITHOUT ADULT SUPERVISION
- * CHILDREN UNDER 12 YEARS OLD MUST BE SUPERVISED BY AN ADULT
- * MUST PROVIDE YOUR OWN MAT FOR CLASSES