

THE SPA AT SHORT HILLS - SUMMER 2007 GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:45-7:45 am BAND & RING PILATES Lydia	7:00-8:00 am ADVANCED PILATES Bernice	6:30-7:30 am CIRCUIT SPIN Danielle	7:00-8:00 am SUNRISE POWER YOGA Bernice	6:45-7:45 am CARDIO PUMP Danielle	8:30-9:30 am RING PILATES Lydia	8:45-9:45 am VINYASA YOGA Ranjitha
8:00-9:00 am STRENGTH & BALL Bernice	8:00-9:00 am PURE STRENGTH Bernice	8:00-9:00 am STRENGTH & BALL Lydia	8:00-9:00 am YOGILATES Bernice	8:00-9:00 am PURE STRENGTH Bernice	9:00-9:50 am AQUA SPLASH Carolyn	9:00-9:50 am AQUA SPLASH Hetty / Ileana
8:30-9:20 am OUTDOOR AQUA Danielle	8:30-9:20 am OUTDOOR AQUA Lydia	9:00-9:30 am LOW IMPACT DANCE Lydia	8:30-9:20 am OUTDOOR AQUA Lydia	8:30-9:20 am OUTDOOR AQUA Lydia	9:30-10:00 am STUDIO SPIN Lydia	10:00-11:00 am CARDIO PUMP Carolyn
9:00-9:30 am LOW IMPACT DANCE Lydia	9:00-10:00 am BEGINNER BALLET Bernice	9:30-10:00 am STUDIO SPIN Danielle	9:30-10:30 am KICKBOXING Carol	9:30-10:00 am STUDIO SPIN Lydia	10:00-10:30 am INTRO to PT Lydia	11:00-11:30 am HEALTHY BACK & ABS Carolyn
9:30-10:00 am STUDIO SPIN Lydia	10:00-10:50 am AQUA SPLASH Danielle	10:00-10:50 am OUTDOOR AQUA Danielle	10:00-10:50 am AQUA SPLASH Danielle	10:00-10:50 am AQUA SPLASH Hetty	10:00-11:00 am CARDIO PUMP Carolyn	11:45 am-12:45 pm ASHTANGA YOGA Sandeep
10:00-10:50 am OUTDOOR AQUA Hetty	11:30 am-12:00 pm OSTEO STRENGTH Danielle	10:00-11:00 am RING PILATES Lydia	11:00-11:30 am STRETCH & REVIVE Danielle	10:00-11:00 am RING PILATES Lydia	11:30-12:30 pm HATHA YOGA Claire	
10:00-11:00 am PILATES Lydia	12:00-1:00 pm KRUPALU HATHA YOGA Ellen	12:00-1:00 pm YOGA CORE Helen	11:30 am-12:00 pm BALANCE & STRENGTH Danielle	12:00-1:00 pm ADVANCED PILATES Bernice		
12:00-1:00 pm ADVANCED PILATES Bernice	2:00-3:00 pm CHOPRA CENTER YOGA Claire D.	6:00-7:00 pm SPIN / CORE Carolyn	12:00-1:00 pm ATHLETIC YOGA Helen	6:00-7:00 pm HATHA YOGA Carolyn		
4:00-5:00 pm BALLET / YOGA Bernice	7:00-7:50 pm OUTDOOR AQUA Kristi	7:00-8:00 pm TAI CHI / QI GONG Brian	2:00-3:00 pm GENTLE YOGA Helen			
5:30-6:30 pm SPIN / CORE Danielle		7:00-7:50 pm OUTDOOR AQUA Carolyn	5:30-6:30 pm BOXING & ABS Carol			
7:30-8:30 pm YOGA Ileana		8:00-9:00 pm ASHTANGA YOGA Sandeep	6:30-7:30 pm STEP / PILATES Carolyn		BEGINNING MAY 29,2007	