



**FITNESS CENTER**

201-818-0300 • www.EDGEWORKOUT.com

### Group Fitness Studio

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:00am	Stacy & Laina		Stacy & Laina		<b>Boot Camp</b> Mike
8:30am	<b>Hard Core</b> 9-9:30 am Kelly	Lisa		Stacy	Kim
9:30am	Kelly	Kelly	<b>Pilates</b> Maria	Chris	Kelly
10:30am	Chris	Kim	<b>Stretch To Win</b> Dr. Perry	<b>Yoga</b> Gloria D	<b>Boot Camp</b> Kim
12:15pm	<b>Core Cardio</b> Susan Y	Chris	<b>Hard Core</b> Chris	Susan Y	Kelly
4:30pm	Stacy	<b>Yoga</b> Gloria D	Kasia		Kasia
5:30pm	Anabel	Jenny	Jenny & Omar	Basil & Stacy	Elizabeth
6:30pm	Mike	Basil & Maria	Anabel <b>Pilates</b> Maria Yoga Studio	Stacy	
7:30pm				Jenny	

Time	Saturday	Sunday
6:00am		
8:00am	Jenny & Lisa	
9:00am	Maria & Stacy	Kelly & Kasia
10:00am	Laina	Kelly
11:00am	<b>Yoga</b> Yoga Studio	Susan Y
1:15pm		
4:30pm		
5:30pm		

### Cycling Studio

5:45am		Maureen		Maureen	
9:15am	Nancy	Alissa	Stacey	Alissa	Stacey
5:30pm	Omar	Donna		Ed	
6:30pm			Omar		
8:00pm	Stacey		Stacey		

7:30am	Tricia	
9:00am	Lynda	Sharon