

# AUGUST GROUP FITNESS

## NFC MORRISTOWN



### CLASS DESCRIPTIONS

ABS-Ab Solutions	BS-BodyStep	Jam T-Technique	TS-Tread n Shed	WA-Water Aerobics
BC-BodyCombat	C-Cycling	RPM-Cycling	TT-Triple Threat	DWA-Deep Water Aerobics
BP-BodyPump	Jam-BodyJam	P-Pilates	US-Upper Sculpt	Y-Yoga

### LES MILLS RELAUNCHES: Jam-17th, BP-21st, BC-28th, BS-30th(PM) & 31st(AM)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 RPM* Gail	6:00 BP Gail	6:00 TS* Gail	6:00 BP Gail	6:00 RPM* Gail	Aug. 7th & 14th
	8:30 BC Bobbie Michelle	8:30 BS Patty 8:45 RPM* Bobbie 9:45 BP Patty	8:30 TT Michelle 9:30 BC Bobbie Michelle	8:45 RPM* Bobbie 9:45 BP Patty	8:30 TT Michelle 9:30 BC Bobbie Michelle	9:00 BC Angie 10:15 BP Kim
	5:00 US Sheila 5:30 BS Sheila 5:30 C* Andee 6:00 Abs** Angie 6:30 BC Angie	5:15 JamT Aya 5:30 Jam Aya 5:30 TS* Jamie 6:30 BP Kim	5:30 RPM* Bobbie 6:00 Abs Angie 6:30 BC Angie	5:30 BP Kim 5:30 TS* Andee 6:30 BS Sheila		9:30 Relaunches for BP & BC on the 21st & 28th. NO other classes on those dates.

CARDIO & STRENGTH

\*RPM, \*C, & \*TS Requires a 15 min. Sign-In    \*\*Mon. PM Abs in Multi-Purpose Room    \*\*\*Mon. PM Yoga in KIM Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 P Patty		9:30 P Patty		8:30 Y Kim	
	5:30 Y*** Marlene			6:30 P Andee		

MIND/BODY

Club Hours: M - F 5am - Midnight    Sat 8am - 8pm    Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		8:30 DWA Lori		8:30 DWA Lori		
	9:30 WA Jan	9:30 WA Jan	9:30 WA Jan	9:30 WA Jan	9:30 WA Jan	

WATER

Childcare Hours: M-Fri. 8am-12pm, 4pm-9pm / Fri. 4pm-8pm    Sat. 8am-12pm    No Childcare on Sunday

\*Adult Karate on Mon @6:20pm & Wed @6pm in the Mind & Body Room

Club Hours:			M - F 5am - Midnight			Sat 8am - 8pm			Sun Noon - 6pm																	
SUNDAY			MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY			SATURDAY								
						8:30	DWA	Lori				8:30	DWA	Lori												
			9:30	WA	Jan	9:30	WA	Jan	9:30	WA	Jan	9:30	WA	Jan	9:30	WA	Jan									
<b>Childcare Hours:</b>			<b>M-Fri. 8am-12pm, 4pm-9pm / Fri. 4pm-8pm</b>						<b>Sat. 8am-12pm</b>			<b>No Childcare on Sunday</b>														
*Adult Karate on Mon.@6:30pm & Wed.@6pm in the Mind & Body Room																										

**WATER**


**RDIO &  
RENGTH**


**D/BODY**


**ATER**


