



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# RAHWAY BRANCH - GROUP EXERCISE SCHEDULE

**SUMMER 2018**  
**June 18<sup>th</sup>-**  
**September 2<sup>nd</sup>**

**Group Exercise classes are FREE for Full Members.**

**Schedule may be subject to change due to weather.**

**Child Watch Available**  
**Monday-Thursday**  
**6:00-8:00pm**  
**Saturday**  
**9:00-11:00am**

Updated 6/1/18

**Pool will be closed for Maintenance Aug 26 Sept 9**

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday                                    | Saturday   |
|---|--|--|---|---|--|
|   | <b>6:00am</b><br>Cycle<br>Donna<br>Studio                            | <b>6:00am</b><br>HIIT<br>Leeanne<br>Studio                             | <b>5:45am</b><br>Cycle<br>Tara<br>Studio                              |   | <b>8:45am</b><br>Yoga<br>Mona<br>2 <sup>nd</sup> Floor |
| <b>10:15am</b><br>Zumba Gold<br>Paola<br>Gym                          | <b>9:00am</b><br>Zumba<br>EJ<br>Gym                                  | <b>10:30am</b><br>Silver Sneakers<br>Leeanne<br>2 <sup>nd</sup> Floor  | <b>9:00am</b><br>Zumba<br>JoAnn<br>Gym                                | <b>9:00am</b><br>Zumba<br>EJ<br>Gym       | <b>9:00am</b><br>Boot Camp<br>Jehovah<br>Studio/Gym    |
| <b>11:15am</b><br>Silver Sneakers<br>Leeanne<br>2 <sup>nd</sup> Floor | <b>10:00am</b><br>Stretch & Tone<br>EJ<br>Studio                     | <b>11:30am</b><br>Strength Circuit<br>Leeanne<br>1 <sup>st</sup> Floor | <b>10:30am</b><br>Chair Yoga<br>Shaheeda<br>2 <sup>nd</sup> Floor     | <b>10:00am</b><br>Pilates<br>EJ<br>Studio | <b>10:00am</b><br>Zumba<br>Robin<br>Studio             |
| <b>6:00pm</b><br>Boot Camp<br>Jehovah<br>Studio/Gym                   | <b>10:30 am</b><br>Silver Sneakers<br>JoAnn<br>2 <sup>nd</sup> Floor | <b>6:00pm</b><br>Kettle Bell<br>Jehovah<br>Studio                      | <b>11:15am</b><br>Silver Sneakers<br>Leeanne<br>2 <sup>nd</sup> Floor |   |  |
| <b>7:15pm</b><br>Burn & Sculpt<br>Diane<br>Studio                     | <b>6:00pm</b><br>Upper Pump<br>Jehovah<br>Studio                     | <b>7:15pm</b><br>Zumba<br>Robin<br>Train Station                       | <b>6:00pm</b><br>Burn & Sculpt<br>Diane<br>Studio                     |   | <b>Sunday</b>  |
| <b>7:15pm</b><br>Yoga<br>Mona<br>2 <sup>nd</sup> Floor                | <b>6:30pm</b><br>Lower Pump<br>Jehovah<br>Studio                     |  |   |   | <b>9:00am</b><br>Burn & Sculpt<br>Diane<br>Studio      |
|   | <b>7:00pm</b><br>HIIT<br>Jehovah<br>Gym                              |  |   |   |  |
|   | <b>7:15pm</b><br>Zumba<br>Vicky<br>Studio                            |  |   |   |  |

| WATER EXERCISE  | Monday      | Tuesday        | Wednesday | Thursday       | Friday       |
|-----------------|-------------|----------------|-----------|----------------|--------------|
| Aqua Cardio     | 8:00am Lara |                |           | 7:15pm Leeanne |              |
| Stretch & Flex  | 9:00am Lara |                |           |                |              |
| Total Fitness   |             | 7:15pm Leeanne |           | 9:00am Laura   |              |
| Aqua Jogging    |             |                |           |                |              |
| Noodle Aerobics |             |                |           |                |              |
| Aqua Zumba      |             |                |           |                | 7:30pm Robin |