

# AMERICAN WOMAN SWIM & FITNESS CENTER CLASS SCHEDULE

Printable schedules available at [americanwomanfitness.com](http://americanwomanfitness.com) (201) 666-6600

MONDAY 6am-10pm	TUESDAY 6am-10pm	WEDNESDAY 6am-10pm	THURSDAY 6am-9pm	FRIDAY 6am-9pm	SATURDAY 7am-4pm	SUNDAY 8am-2pm
7:45 AM Barre-Zen Pilates <i>Lisa</i>			7:00 AM A.M. Blast  <i>Dawn</i>			
8:45 AM Kick Box Express  <i>Lisa</i>	8:45 AM Full Body Circuit (45 min)  <i>Cris</i>	8:45 AM Zumba  <i>Debbie</i>	8:45 AM Ballet Booty Challenge (45 min) <i>Patti</i>	8:45 AM Corebar HIT (45min) <i>Lisa</i>	8:15 AM Body Rock Bootcamp (75 min) <i>Cris /Antonella</i>	8:15 AM Kick Box Infusion  <i>Antonella</i>
9:45 AM Interval/Cardio Strength  <i>Dawn</i>	9:30 AM Kickbox-Step Fusion  <i>Cris</i>	9:45 AM Corebar HIT  <i>Dawn</i>	9:30 AM Burn  <i>Starlite</i>	9:45 AM Pure Strength  <i>Dawn</i>	9:30 AM Zumba  <i>Grace</i>	9:15 AM Zumba  <i>Mima</i>
11:00 AM Butts & Guts (30 min)  <i>Dawn</i>	10:30 AM Zumba  <i>Kim B.</i>	10:45 AM Muscle Max  <i>Dawn</i>	10:30 AM On the Ball  <i>Carol</i>		10:30 AM Barre Strong  <i>Patti</i>	10:15 AM Low & Loaded  <i>lisa</i>
12:00 PM Gentle Yoga  <i>Danielle</i>			11:30 AM Zumba  <i>Kim B.</i>	11:00 AM Yoga  <i>Jennifer</i>		
4:15 PM Ball Max  <i>Cris</i>	12:30 PM Steel Pilates  <i>Lisa</i>	12:30 PM Low & Loaded  <i>Lisa</i>		12:00 PM Soft Box Conditioning <i>Danielle</i>	12:30 PM Hatha Yoga  <i>Lori</i>	
5:15 PM Pure Strength  <i>Cris</i>	5:15 PM Body Blast  <i>Lisa</i>	5:00 PM Yogalates  <i>Danielle</i>	5:15 PM Full Body Circuit  <i>Ellen</i>	5:00 PM Zumba  <i>Alla/Laurie</i>		
6:15 PM Core Fusion  <i>Lisa</i>	6:15 PM Cardio Kickbox (45 min) <i>Lisa</i>	6:00 PM <b>TABATA</b> BOOTCAMP  <i>Danielle</i>	6:15 PM Zumba  <i>Brittany</i>			
7:15 PM (45m) Circuit Xtreme  <i>Antonella</i>	7:15 PM Burn & Blast (45 min) <i>Starlite</i>	7:00 PM 20/20/20  <i>Lisa</i>	7:30 PM Hatha Yoga  <i>Lori</i>			
8:00 PM Zumba  <i>Laurie</i>		8:00 PM Zumba  <i>Mima</i>				

## POOL CLASSES

10:00 AM Aqua Flow  <i>Yvonne</i>	10:00 AM Aqua Fusion  <i>Starlite</i>	10:30 AM Aqua Flow  <i>Yvonne</i>		10:00 AM H <sub>2</sub> O Cardio Sculpt  <i>Danielle</i>	10:00 AM Aqua Energy  <i>Karen</i>	
11:30 AM H <sub>2</sub> O Cardio Sculpt <i>Ellen</i>	11:30 AM Aqua Energy <i>Karen</i>		11:30 AM Aqua Energy <i>Alla</i>			
	6:00 PM Aqua Flow <i>Maryanne</i>		6:00 PM Aqua Flow <i>Maryanne</i>			

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