

GROUP LAND FITNESS SCHEDULE

July 5th, 2010 to September 6th, 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	CYCLING CHARLES/DORINE (45 minutes)	HATHA YOGA MARYANN (1 hour)	BODY PUMP TONI (1 hour)	CYCLING CHARLES (45 minutes)	BODY PUMP JEN (1 hour)		
8:00 AM	HATHA YOGA PEARL (1 hour)		HATHA YOGA PEARL (1 hour)		HATHA YOGA MARYANN (75 minutes)		CYCLING JEANETTE/MARY THERESA (45 minutes)
9:15 AM	ZUMBA CIELO (45 minutes)	CIRCUIT TRAINING ELLEN (1 hour)	ZUMBA CIELO or ELLEN (45 minutes)	ZUMBA CIELO (45 minutes)	BODY PUMP (1 hour)	9:00 AM CARDIO SCULPT PENNY/ELLEN (1 hour)	9:00 AM BODY PUMP ELLEN (1 hour)
10:00 AM		10:30 AM BEGINNER DANCERCIZE KAREN (45 minutes)	TOTAL BODY WORKOUT ELLEN (1 hour)	BEGINNER PILATES STACEY (45 minutes)	10:15 AM ZUMBA ELLEN (45 minutes)	HATHA YOGA JOANNE/AMY (75 minutes)	ZUMBA (45 minutes)
6:00 PM	5:45 PM HATHA YOGA KITTY (1 hour)	6:15 PM ZUMBA CIELO (45 minutes)	BODY PUMP (1 hour)	6:15 PM CYCLING JEANETTE (45 minutes)			
7:00 PM	BODY PUMP (1 hour)	CYCLING JEANETTE (45 minutes)	ZUMBA JULIA (45 minutes)	PILATES BRITTNEY (45 minutes)			

Any Class Consistently Having Less Than 5 Participants Will Be Either Changed or Removed From Our Schedule.

Ellen Ann Romano, Group Fitness Director (215) 885-0734, ext. 108.

www.abingtonclub.com

**** ZOGFIT BOOT CAMP w/Cheryl and Charbel ****

Members pay \$5 each class/\$60 unlimited per month!

Please check out our website at www.abingtonclub.com or www.trainwithcheryl.com

to find out about our ZOGFIT BOOT CAMP's April schedule.

GROUP AQUA FITNESS SCHEDULE

July 5th, 2010 to September 6th, 2010



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9:30 AM	WATER AEROBICS DOT (1 hour)	WATER AEROBICS LORNA (1 hour)	WATER AEROBICS DOT (1 hour)	WATER AEROBICS NANCY (1 hour)	WATER AEROBICS SUZANNE (1 hour)		
10:00 AM						WATER AEROBICS JANET/TIENNE/ROBYN (1 hour)	WATER AEROBICS ROBYN/TIENNE (1 hour)
12:00 PM		WATER AEROBICS SUZANNE (1 hour)		WATER AEROBICS SUZANNE (1 hour)			
5:30 PM							
7:00 PM	WATER AEROBICS JANET (1 hour)	WATER AEROBICS (1 hour)	WATER AEROBICS (1 hour)	WATER AEROBICS ROBYN/TIENNE (1 hour)			

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COMING SOON!!! AQUA ZUMBA