

23rd Street

Class Schedule

MONDAY

TIME	RM	CLASS	DUR.	INSTRUCTOR
7:00	CR	RACING (CYCLING)*	:45	SERENA DILIBERTI
7:00	1	KINETIC SCULPT MOTION®	:45	ERWIN GONZALEZ
7:45	2	WASHBOARD ABS.	:15	SERENA DILIBERTI
9:15	1	CLASSIC SCULPT	:45	ALICIA ENRIQUEZ
10:40	P	AQUACISE	:45	JENNY DOCTOROW
12:10	1	DANCE STRENGTH	:50	ROLAND BROWN
1:00	1	HARD CORE	:30	ROLAND BROWN
1:05	2	VINYASA YOGA	:60	DEBRA BLUM
5:45	1	BODY SCULPT	:45	PAULA BROWN
6:00	CR	RACING (CYCLING)**	:45	JOSH ADLER
6:20	2	ATHLETIC YOGA	:70	DEBRA BLUM
6:30	1	URBAN REBOUNDING	:45	PAULA BROWN
7:00	CR	RACING (CYCLING)**	:45	JOSH ADLER
7:15	1	PILATES MAT	:55	LINDA HAZAN
7:45	2	VINYASA YOGA	:75	DEBRA BLUM
8:10	1	JUST DANCE	:45	CRAIG SMITH

**Sign-up required prior to class

23rd Street

Class Schedule

TUESDAY

TIME	RM	CLASS	DUR.	INSTRUCTOR
7:00	2	HEATED VINYASA	:75	STEVEN CHENG
7:00	1	CARDIO SCULPT	:45	KEVIN ZHOU
7:45	1	15 MINUTE ABS.	:15	KEVIN ZHOU
9:15	1	YOGA BLEND	:70	EDWIN BERGMAN
12:15	CR	HRC CYCLE **	:45	CHRIS SCHRAM
12:15	1	PILATES MAT	:45	LISA WOLF
1:05	2	VINYASA FLOW	:60	MARY ARANAS
5:30	1	FLUIDITY™	:60	LAURA MOSES
6:00	2	CORE YOGA	:60	CARRIE AHERN
6:30	1	CLUB CUTS (AEROBICS)	:45	KENNY McFADDEN
7:00	CR	HRC CYCLE **	:45	DOUGLAS JOHNSON
7:00	2	POWER VINYASA	:60	MIKE MCARDLE
7:15	1	WASHBOARD ABS	:30	KENNY McFADDEN
7:45	1	ARMS/ABS/ASSETS	:45	KENNY McFADDEN
8:00	2	TURBO KICK®	:45	TARO KAWAII

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WEDNESDAY

TIME	RM	CLASS	DUR.	INSTRUCTOR
6:45	CR	HRC CYCLE **	:45	JIM SHALLAL
7:00	1	FLUIDITY™	:60	ALEXANDRA ANDRADE
7:30	2	STRETCH & ABS	:30	JIM SHALLAL
9:30	1	PILATES MAT	:45	LINDA HAZAN
10:40	P	AQUACISE	:45	JOHN TARMAGGIORE
12:15	CR	HRC CYCLE	:45	JOHN TARMAGGIORE
1:05	2	VINYASA YOGA	:60	MIKE MCARDLE
5:45	2	TOTAL SCULPT	:45	ROXANNE MONTALVO
6:00	1	JAB (kickboxing)	:45	SAM HAWKINS
6:45	1	URBAN REBOUNDING	:45	JIM RODINO
6:45	CR	**HRC CYCLE	:45	DAVE KING
6:50	2	ATHLETIC ABS	:30	SAM HAWKINS
7:35	2	VINYASA YOGA	:60	KELLY CONSIDINE
7:35	1	INTERVAL SCULPT	:45	JIM RODINO

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THURSDAY

TIME	RM	CLASS	DUR.	INSTRUCTOR
7:00	1	KINETIC SCULPT®	:45	ERWIN GONZALEZ
9:30	1	YOGA BLEND	:60	EDWIN BERGMAN
12:15	1	ZUMBA® (Dance)	:45	ALICIA HARRIS
1:00	1	TOTAL SCULPT	:45	ALICIA HARRIS
1:05	2	HEATED VINYASA	:70	STEVEN CHENG
5:45	1	CARDIO SCULPT	:45	ANGEL MARTINEZ
5:45	2	HATHA YOGA	:60	KEITH YZQUIERDO
6:30	1	BODYWEDGE 21™	:45	ANGEL MARTINEZ
6:45	2	PILATES PROPS	:45	LINDA HAZAN
7:00	CR	HRC CYCLE **	:45	ROSA PUERTO
7:15	1	FLUIDITY™	:55	MARIE DULEV
7:30	2	ANUSARA YOGA	:75	SYLVIA SMITH
8:15	1	SALSA 1	:45	MARIANNE HETTINGER
9:00	1	SALSA 2	:45	MARIANNE HETTINGER

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FRIDAY

TIME	RM	CLASS	DUR	INSTRUCTOR
6:45	CR	HRC CYCLE **	:50	CATHY MUNZER
7:00	2	VINYASA YOGA	:60	DEBRA BLUM
9:30	1	PILATES MAT	:55	ERIKA MACLEOD
10:40	P	AQUACISE	:45	KEVIN MILLS
12:15	1	POWER SCULPT	:45	CONYN BLADE
12:15	1	PILATES MAT	:55	LINDA HAZAN
1:00	CR	CYCLE ZONE **	:45	ERWIN GONZALEZ
1:00	1	BOXING RINGSIDE *	:45	CONYN BLADE
5:45	1	ARMS/ABS./ASSETTS	:30	CRAIG SMITH
6:15	1	JUST DANCE	:45	CRAIG SMITH
6:30	CR	HRC CYCLE **	:45	JENNYLYN JANKESH
7:00	2	SOMATIC YOGA	:75	JAIME ORTEGA
7:00	1	FLUIDITY™	:60	TANYA BADGLEY

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SATURDAY

TIME	RM	CLASS	DUR.	INSTRUCTOR
9:00	2	ATHLETIC YOGA	:75	MARY KRENSAVAGE
9:15	1	DIEZEL KICK	:45	JERMAINE BAILEY
10:00	1	DIEZEL SCULPT	:45	JERMAINE BAILEY
10:15	CR	HRC CYCLE **	:45	CHRIS SCHRAM
10:45	1	ATHLETIC ABS.	:15	JERMAINE BAILEY
11:30	2	TAI CHI	:60	CALUM REID
12:00	1	PILATES MAT	:60	LINDA HAZAN
3:00	2	WARM YOGA	:70	JUDE BARUCHA
4:00	1	FLUIDITY™	:70	MICHELLE AUSTIN
5:15	CR	CYCLE ZONE **	:45	ERWIN GONZALEZ
6:05	1	ABS / BACK / CORE	:30	ERWIN GONZALEZ

SUNDAY

TIME	RM	CLASS	DUR.	INSTRUCTOR
9:30	2	VINYASA YOGA	:60	DEBRA BLUM
10:30	2	MEDITATION	:30	DEBRA BLUM
11:00	1	WASHBOARD ABS	:30	LISA SCHULMAN
11:30	CR	HRC CYCLE **	:45	LISA SCHULMAN
12:00	1	FLUIDITY™	:70	ALEXANDRA ANDRADE
4:00	CR	HRC CYCLE **	:45	ROSA PUERTO
5:00	2	SOMATIC YOGA	:75	JAIME ORTEGA
5:30	1	CARDIO KICK	:45	SHIR KONAS
6:15	1	ATHLETIC ABS.	:10	SHIR KONAS

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