



## ELITE/NEWBURGH GROUP CLASS SCHEDULE

### Spring

	<b>Sun</b>	<b>Mon</b>	<b>Tue</b>	<b>Wed</b>	<b>Thur</b>	<b>Fri</b>	<b>Sat</b>
<b>5:15 AM</b>		<b>Sunrise Spin</b> (Lynn)		<b>Sunrise Spin</b> (Lynn)		<b>Sunrise Spin</b> (Sally)	
<b>8:15 AM</b>							
<b>8:30 AM</b>		<b>Zumba</b> (Katie)	<b>Step and Strength</b> (Gina)	<b>Zumba</b> (Katie)	<b>Interval Training</b> (Gina)		
<b>9:00 AM</b>							
<b>9:30 AM</b>		<b>Yoga</b> (Beth)	<b>Silver Sneakers</b> (Gina)		<b>Silver Sneakers</b> (Gina)	<b>Yoga</b> (Beth)	
<b>10:30 AM</b>						<b>SS Yoga Stretch</b> (Gina)	
<b>4:15 PM</b>							
<b>5:30 PM</b>			<b>Group Strength</b> (Therese )	<b>Circ-Fit</b> (Amanda)			
<b>5:45 PM</b>		<b>Zumba</b> (Amy)					

Classes are subject to change or cancellation without notice.  
 Visit us online at [www.elitefitnesscenter.net](http://www.elitefitnesscenter.net)