



**CGI Taerobic Group Exercise Schedule**  
**NEW CLASSES & CHANGES IN RED !!!**

Date Posted: 9.10.2010

	<b>MON</b>	<b>TUE</b>	<b>WED</b>	<b>THU</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>8:00 AM</b>	<b>Pilates Circuits</b> <i>Lisa</i>	<b>Pilates</b> <i>Jennifer</i>	<b>Hatha Yoga</b> <i>Shuli</i>	<b>Yogalates</b> <i>Lisa</i>	<b>8:30 AM Sculpt</b> <i>Laura</i>	<b>8:30 AM Sculpt</b> <i>Laura</i>	
<b>9:00 AM</b>	<b>Cardio Sculpt</b> <i>Laura</i>	<b>Tone &amp; Sculpt</b> <i>Laura</i>	<b>Low Impact</b> <i>Laura</i>	<b>Fit Ball</b> <i>Laura</i>	<b>9:30 AM Refresh &amp; Stretch</b> <i>Laura</i>	<b>9:30 AM ZUMBA Fusion</b> <i>Allegra</i>	
<b>10:00 AM</b>	<b>Line &amp; Latin Dance</b> <i>Peter</i>	<b>Power Stretch</b> <i>Laura</i>	<b>Core Stretch</b> <i>Laura</i>	<b>Latin/Jazz Dance</b> <i>Allegra</i> <b>10:00-11:30</b>	<b>10:30~12:00 Line Dance</b> <b>PETER</b>	<b>10:45 Belly Dance</b> <i>Helewa</i>	<b>Yoga Flow</b> <i>Wendy</i>
<b>11:10 AM</b>	<b>Dance Fitness &amp; Fun</b> <i>Allegra</i>		<b>Moonlight Dance</b> <i>Allegra</i>				
<b>Pool Exercise Classes</b>	<b>1:30 PM Aquacize</b> <i>Lavinia</i>	<b>10:30 AM Aquacize</b> <i>Jennifer</i>		<b>11:30 AM Aquacize</b> <i>Jennifer</i>	<b>10:30 AM Aquacize</b> <i>Lavinia</i>	<b>11:00 AM Energy Fresh Aquacize</b> <i>Suzan</i>	
<b>4:00 PM</b>	<b>Pilates Fusion</b> <i>Kim</i>	<b>Tabata Interval Training</b> <i>Sean</i>	<b>Pilates Fusion</b> <i>Kim</i>	<b>Tabata Interval Training</b> <i>Sean</i>			<b>Yoga Flow</b> <i>Wendy</i>
<b>6:30 PM</b>	<b>Hatha Yoga</b> <i>Shuli</i>	<b>Yoga Flow</b> <i>Wendy</i> <b>6:15 PM</b>	<b>Belly Dance</b> <i>Helewa</i>	<b>Yoga Flow</b> <i>Wendy</i> <b>6:15 PM</b>			
<b>7:30 PM</b>		<b>WEIGHT LOSS BOOT CAMP</b>	<b>Jazz Dance</b> <i>Carmel</i>	<b>Moonlight Dance</b> <i>Allegra</i>	<b>7:45 PM Jazz Dance</b>		

		<b>Nicholas**</b>			<b>Carmel</b>		
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**\*Classes and instructors are subject to change without prior notice. See reverse for class descriptions \*\*Pre-registration required see Nicholas in the Body & Brain Center.**

**CGI Holistic Fitness**

**111 Homans Ave., Closter, NJ 07624 Tel. 201.784.5575  
Weekdays 6:00AM~10:00PM, Weekends & Holidays 7:00AM~7:00PM**