



828B
 Newtown-Yardley Rd
 Newtown, PA 18940

New Class, New Instructor, or
 Time Change!

OPTIMAL
Better than ever!

GROUP EXERCISE CLASS SCHEDULE

Monday Club Hours - 5:00 am-10:30 pm

5:30 AM	Cycling	2	Nancy C
9:30 AM	Vinyasa Yoga	3	June
9:30 AM	Cardio Kickboxing	1	Rose
10:45 AM	Hard Bodies	1	Rose
5:45 PM	Abs + Piloxing	1	Kelly

Tuesday Club Hours - 5:00 am-10:30 pm

6:00 AM	Hard Bodies	1	Kelly
8:00 AM	Cycling	2	Michael
9:30 AM	Gentle Yoga	3	Liza
9:30 AM	Zumba	1	Erin
10:45 AM	Move & Strength	1	Jackie
5:00 PM	Core Yoga	3	June
6:00 PM	Cross Training	1	Raquel

Wednesday Club Hours - 5:00 am-10:30 pm

6:00 AM	Interval & Strength	1	Kelly
8:00 AM	Cycling	2	Renee
9:00 AM	Vinyasa Yoga	3	Elda
9:30 AM	Zumba	1	Maria
10:45 AM	HIIT Mix	1	Deb
11:45 AM	Silver Fit	1	Deb
6:00 PM	Dance Remix	1	Savanna
6:30 PM	Vinyasa Flow Yoga	3	Andrea

Thursday Club Hours - 5:00 am-10:30 pm

8:00 AM	Cycling	2	Deb
9:30 AM	Zumba	1	Atrice
9:30 AM	Vinyasa Core Yoga	3	Liza
10:45 AM	Move & Strength	1	Jackie
6:00 PM	Bootcamp	1	Savanna

Friday Club Hours - 5:00 am-9:00 pm

5:30 AM	Cycling	2	Nancy C
6:00 AM	Piloxing	1	Kelly
9:30 AM	Power Vinyasa Yoga	3	Kristine
9:30 AM	Cardio Sculpt	1	Raquel
11:30 AM	Silver Fit	1	Deb

Saturday Club Hours - 7:00 am-6:00 pm

8:00 AM	Step It Up	1	Kelly
9:00 AM	Cycling	2	Allison
10:00 AM	Zumba	1	Atrice
10:00 AM	Gentle Yoga	3	Monica
11:15 AM	Hard Bodies	1	Kristin

Sunday Club Hours - 8:00 am-5:00 pm

9:00 AM	Step It Up	1	Kelly
9:00 AM	Cycling	2	Allison
9:30 AM	Vinyasa Yoga	3	Elda
10:15 AM	Zumba	1	Nicole

ALL CLASSES INCLUDED WITH MEMBERSHIP