

GROUP FITNESS SCHEDULE

It's always a Greate day at Greate Bay! sm

	MON	TUES	WED	THURS	FRI	SAT	SUN
MORNING	5:45am BODYPUMP RACHEL	8:15am YOGA II GISELLE	5:45am BODYPUMP RACHEL	8:15am YOGA II GISELLE			
	9:00am PURE STRENGTH DONNA	9:15am ZUMBA ANNE	8:15am PILATES ENITA	9:15am ZUMBA ANNE	7:45am BODYPUMP DONNA	8:30am YOGA I GISELLE	8:00am BODYPUMP RACHEL
	9:30am PILATES DEB (SQUASH CT)	10:15am BODYPUMP KATIE	10:00am PURE STRENGTH DONNA	10:15am BODYPUMP KATIE	9:00am ULTIMATE WORKOUT DONNA	9:30am BODYPUMP RACHEL	10:00am YOGA HEIDI
	1:00pm Silver Sneakers SANDY	9:30am CULPT ELISE (COURT 3)	1:00pm Silver Sneakers SANDY	9:30am BODYSULPT ELISE (COURT 3)	1:00pm Silver Sneakers SANDY	10:00am BODY CIRCUITS JUSTIN (COURT 3)	

EVENING	4:30pm KICKBOX ERICA	4:00pm YOGA II GISELLE	4:00pm PILATES ERICA	4:00pm YOGA I GISELLE	4:00pm KUKUWA ERICA	OFFICE: (609) 926-9550 FAX: (609) 926-6393 www.greatebay.com CLUB HOURS OF OPERATION Monday -Thursday 5:00 am - 10:00 pm Friday 5:00 am - 9:00 pm Saturday & Sunday	
	5:30pm BODYCIRCUITS JUSTIN (COURT 3)		5:00pm BODYPUMP GINA	5:00pm KICKBOX CHRISSY (COURT 3)			
	5:30pm ZUMBA ANNE	5:30pm TOTAL BODY WORKOUT ROBIN	5:30pm BODY CIRCUITS JUSTIN (COURT 3)	5:15pm PILATES PLUS ENITA			
	6:45pm Yoga I Tonya	6:30pm STEP N SCULPT DENYNE	6:45pm Yoga I Kim	6:00pm KETTLEBELL JUAN (COURT 3)			
			6:15pm Body Sculpt Cindy				

SPINNING SCHEDULE

MORNING	5:30am DENYNE BENNETT		5:30am JOE DUGAN		5:30am DEB MAZZEO	7:30am CINDY BERGES	7:45am DENYNE BENNETT
	9:00am BONNIE SLOTA	9:30am BONNIE SLOTA	8:00am DEB MAZZEO	9:30am TONYA DINOFRIO	9:00am BONNIE SLOTA	9:30am DEB MAZZEO	9:00am JOHN VERSAGGI
	10:15am DONNA O'SHEA		9:15am DONNA O'SHEA		10:15am DONNA O'SHEA		

EVENING	4:15pm RACHEL MATTERA				4:15pm RACHEL MATTERA	CHILD CARE HOURS MONDAY-SATURDAY 8:00 - 11:30 AM MONDAY-THURSDAY 4:00-7:30 PM	
	5:30pm TONYA DINOFRIO	5:00pm CINDY BERGES	5:30pm DENYNE BENNETT		5:45pm JOE DUGAN		
		6:15pm JEN MCHUGH		6:15pm DENYNE BENNETT			

Greate Bay Racquet & Fitness, 90 Mays Landing Road, Somers Point, New Jersey 08244

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