

MAY 2019
Group Exercise Schedule



Sun

Mon

Tue

Wed

Thu

Fri

Sat

ST. LUKE'S WARREN FITNESS & SPORTS PERFORMANCE CENTER

755 Memorial Parkway Suite 305 Phillipsburg, NJ, 08865 | (908)847-8833
Monday through Thursday 5 am—10 pm, Friday 5 am—8pm
Saturday 7 am—4 pm & Sunday 7am—4 pm

			<p>1 5:30 am Metcon-Mike 9:15 am Metcon-Mike 5:00 pm Yoga-Marlene</p>	<p>2 7:30 am Circuit-Jim 9:00 am Mobility&Strength-Jim 10:00am Healthy Bones 11:00am Cardio Dance- Theresa 12:00am Gentle Yoga- Theresa 1:00 pm Mobility&Strength-Eric 5:30pm Cycling-Jeff</p>	<p>3 5:30 am Bootcamp-Jim 9:15 am Bootcamp-Jim 10:00 am Yoga-Teresa 11:00 am Healthy Bones 5:30 pm Ultimate Abs-Fran</p>	<p>4 8:00 am Metcon- Jim 9:30 am Circuit- Jim</p>
<p>5 9:30 am Circuit-Jim</p>	<p>6 5:30 am Metcon-Jim 9:15 am Metcon-Jim 4:00 pm Yoga-Marlene 5:30 pm Pilates-Theresa 6:30 pm Cycling-Jeff</p>	<p>7 5:30am Butts/Gutts-Jim 7:30am Circuit-Jim 9:00am Mobility/Strength-Jim 10:00am Restorative Yoga Sue 1:00 pm Mobility/Strength-Eric 4:30 pm Zumba-Jackie 5:30 pm Pilates-Theresa 5:30 pm Boot Camp-Sam</p>	<p>8 5:30 am Metcon-Mike 9:15 am Metcon-Mike 5:00 pm Yoga-Marlene</p>	<p>9 5:30 am Cycling-Mike 7:30 am Circuit- Mike 9:00 am Mobility&Strength-Mike 10:00am Healthy Bones 11:00am Cardio Dance- Theresa 12:00am Gentle Yoga- Theresa 1:00 pm Mobility&Strength-Eric 5:30pm Cycling-Jeff</p>	<p>10 5:30 am Bootcamp-Mike 9:15 am Bootcamp-Mike 10:00 am Yoga-Marlene 11:00 am Healthy Bones 5:30 pm Ultimate Abs-Fran</p>	<p>11 8:00 am Metcon- Jim 9:30 am Circuit- Jim</p>
<p>12 9:30 am Circuit-Jim</p>	<p>13 5:30 am Metcon-Mike 9:15 am Metcon-Mike 4:00 pm Yoga-Marlene 5:30 pm Pilates-Theresa 6:30 pm Cycling-Jeff</p>	<p>14 5:30am Butts/Gutts-Mike 7:30am Circuit- Mike 9:00am Mobility/Strength-Mike 10:00 am ChairYoga-Theresa 1:00 pm Mobility/Strength-Eric 4:30pm Zumba- Jackie 5:30 pm Pilates-Theresa 5:30 pm Boot Camp-Sam</p>	<p>15 5:30 am Metcon-Mike 9:15 am Metcon-Mike 5:00 pm Yoga-Marlene</p>	<p>16 5:30 am Cycling-Mike 7:30 am Circuit- Mike 9:00 am Mobility&Strength-Mike 10:00am Healthy Bones 11:00 am Cardiodance-Theresa 12:00 pm Gentle Yoga-Theresa 1:00 pm Mobility&Strength-Eric 5:30pm Cycling-Jeff</p>	<p>17 5:30 am Bootcamp-Mike 9:15 am Bootcamp-Mike 10:00 am Yoga-Teresa 11:00 am Healthy Bones 5:30 pm Ultimate Abs-Fran</p>	<p>18 8:00 am Metcon- Jim 9:30 am Circuit- Jim</p>
<p>19 9:30 am Circuit-Jim</p>	<p>20 5:30 am Metcon-Mike 9:15 am Metcon-Mike 4:00 pm Yoga-Marlene 5:30 pm Pilates-Theresa 6:30 pm Cycling-Jeff</p>	<p>21 5:30am Butts/Gutts-Mike 7:30am Circuit- Mike 9:00am Mobility/Strength-Mike 10:00 am Yoga-Theresa 1:00 pm Mobility/Strength-Eric 4:30pm Zumba- Jackie 5:30 pm Pilates-Theresa 5:30 pm Boot Camp-Sam</p>	<p>22 5:30 am Metcon-Mike 9:15 am Metcon-Mike 5:00 pm Yoga-Marlene</p>	<p>23 5:30 am Cycling-Mike 7:30 am Circuit- Mike 9:00 am Mobility&Strength-Mike 10:00am Healthy Bones 11:00 am Cardiodance-Theresa 12:00 pm Gentle Yoga-Theresa 1:00 pm Mobility&Strength-Eric 5:30pm Cycling-Jeff</p>	<p>24 5:30 am Bootcamp-Mike 9:15 am Bootcamp-Mike 10:00 am Yoga-Teresa 11:00 am Healthy Bones 5:30 pm Ultimate Abs-Fran</p>	<p>25 8:00 am Metcon- Jim 9:30 am Circuit- Jim</p>
<p>26 9:30 am Circuit-Jim</p>	<p>27 Happy Memorial Day!!! Hours 7am—1pm</p>	<p>28 5:30am Butts/Gutts-Mike 7:30am Circuit- Mike 9:00am Mobility/Strength-Mike 10:00 am Yoga-Theresa 1:00 pm Mobility/Strength-Eric 4:30pm Zumba- Jackie 5:30 pm Pilates-Theresa 5:30 pm Boot Camp-Sam</p>	<p>29 5:30 am Metcon-Mike 9:15 am Metcon-Mike 5:00 pm Yoga-Marlene</p>	<p>30 5:30 am Cycling-Mike 7:30 am Circuit- Mike 9:00 am Mobility&Strength-Mike 10:00am Healthy Bones 11:00 am Cardiodance-Theresa 12:00 pm Gentle Yoga-Theresa 1:00 pm Mobility&Strength-Eric 5:30pm Cycling-Jeff</p>	<p>31 5:30 am Bootcamp-Mike 9:15 am Bootcamp-Mike 10:00 am Yoga-Teresa 11:00 am Healthy Bones 5:30 pm Ultimate Abs-Fran</p>	<p>\$10 Class Drop in fee</p>