

APRIL 2025

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 Friday 5 am—8 pm Saturday 7am–2pm Sunday 7am–1pm						
		1 5:30 am Butts & Guts–Mike 7:30am Circuit—Claudia 9:00 am Mobility & Strength–Mike 11:15am Chair Yoga-Molly 6:00 Spin-Terry	2 5:30 am Metcon-Jim 10:30am Healthy Bones 4:30pm Total Body-Lenore 5:30pm-Yoga w/ Susan	3 5:30 am Bootcamp–Mike 9:00 am Mobility & Strength–Mike 10:15 am Healthy Bones 11:15 am Chair Yoga-Molly 6:00 Spin-Terry	4 5:30 am Metcon-Jim	5 8:00 am Metcon–Alex
6	7 5:30 am Metcon–Jim 10:15 am Chair Yoga-Judi	8 5:30 am Butts & Guts–Mike 7:30am Circuit—Jim 9:00 am Mobility & Strength–Mike 10:00 am Arthritis–Judi 11:15am Chair Yoga-Molly 2pm-Restorative Flow-Claudia 5pm-Dance Fitness-Claudia 6:00 Spin-Terry	9 5:30 am Metcon-Jim 10:30am Healthy Bones 4:30pm Total Body-Lenore 5:30pm-Yoga w/ Susan	10 5:30 am Bootcamp–Mike 9:00 am Mobility & Strength–Mike 10:15 am Healthy Bones 11:15 am Chair Yoga-Molly 6:00 Spin-Terry	11 5:30 am Metcon-Jim	12 8:00 am Metcon–Trinity
13	14 5:30 am Metcon–Jim 10:15 am Chair Yoga-Judi 5:30pm Yoga w/ Susan	15 5:30 am Butts & Guts–Mike 7:30am Circuit-Jim 9:00 am Mobility & Strength–Mike 10:00 am Arthritis–Judi 11:15am Chair Yoga-Molly 2pm-Restorative Flow-Claudia 5pm-Dance Fitness-Claudia 6:00 Spin-Terry	16 5:30 am Metcon-Jim 10:30am Healthy Bones	17 5:30 am Bootcamp–Mike 9:00 am Mobility & Strength–Mike 10:15 am Healthy Bones 11:15 am Chair Yoga-Molly 6:00 Spin-Terry	18 5:30 am Metcon—Jim	19 8:00 am Metcon–Alex
20	21 5:30 am Metcon–Jim 10:15 am Chair Yoga-Judi 5:30pm Yoga w/ Susan	22 5:30 am Butts & Guts–Mike 7:30am Circuit-Jim 9:00 am Mobility & Strength–Mike 10:00 am Arthritis–Judi 11:15am Chair Yoga-Molly 2pm-Restorative Flow-Claudia 5pm-Dance Fitness-Claudia 6:00 Spin-Terry	23 5:30 am Metcon-Jim 10:30am Healthy Bones 4:30pm Total Body-Lenore 5:30pm-Yoga w/ Susan	24 5:30 am Bootcamp–Mike 9:00 am Mobility & Strength–Mike 10:15 am Healthy Bones 11:15 am Chair Yoga-Molly 6:00 Spin—Terry	25 5:30 am Metcon—Claudia	26 8:00 am Metcon–Trinity
27	28 5:30 am Metcon–Jim 10:15 am Chair Yoga-Judi 5:30pm-Yoga w/ Susan	29 5:30 am Butts & Guts–Mike 7:30am Circuit-Jim 9:00 am Mobility & Strength–Mike 10:00 am Arthritis–Judi 11:15am Chair Yoga-Molly 2pm-Restorative Flow-Claudia 5pm-Dance Fitness-Claudia 6:00 Spin-Terry	30 5:30 am Metcon-Jim 10:30am Healthy Bones 4:30pm Total Body-Lenore 5:30pm-Yoga w/ Susan			

GROUP FITNESS CLASS DESCRIPTIONS: WARREN CAMPUS

METCON: or “Metabolic Conditioning” refers to short bouts of high-intensity exercise done in fast succession. It is designed to work all the body’s energy systems in an intense, but efficient way. Experience a fantastic workout in 30 minutes or less.

YOGA: This class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility.

CHAIR YOGA: A unique and joyful experience especially designed for the young at heart who love Yoga but may have physical limitations. This 1 hour class will include seated as well as standing postures that will stretch and strengthen muscles, lubricate joints, increase lung capacity, and quiet and relax thoughts.

GENTLE MAT YOGA: If you have enjoyed Yoga before; have never experienced Yoga; or if your body is not as flexible as it used to be, this class may just what you're looking for! Join Judi Spagnola, C-IAYT/E-RYT500/TRM, on the mat for this 1 hour class and we will take it nice and easy.

BUTTS AND GUTS: A quick high energy muscle conditioning class that targets and tones your core and lower body.

BOOTCAMP: Workout that combines both cardio and strength/resistance training to tone and tighten from head to toe.

TOTAL BODY: Circuit style class to cover it all (strength, cardio and abs) with good music to keep it fun! Appropriate for all levels of fitness.