

OCTOBER 2021

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 <i>Monday through Friday 5 am—8 pm</i> <i>Saturday and Sunday 7am –2pm</i>						
					1 5:30 am Metcon—Fran 1:00 PM—Healthy Bones	2 8:00 am Metcon—Ramone
3	4 5:30 am Metcon—Jim 10:30 am Chair Yoga—Judi 5:00 pm Yoga—Susan	5 5:30 am Butts & Guts—Mike 9:00 am Arthritis—Judi 5:00 pm Spin—Terry	6 5:30 am Metcon—Fran 12:00 pm Gentle Mat Yoga—Judi	7 5:30 am Bootcamp—Mike 9:00am Yoga—Susan 10:15am Healthy Bones 11:30 am Chair Yoga—Molly	8 5:30 am Metcon—Fran 1:00 PM—Healthy Bones	9 8:00 am Metcon—Ramone
10	11 5:30 am Metcon—Jim 10:30 am Chair Yoga—Judi 5:00 pm Yoga—Susan	12 5:30 am Butts & Guts—Mike 9:00 am Arthritis—Judi 5:00 pm Spin—Terry	13 5:30 am Metcon—Jim 12:00 pm Gentle Mat Yoga—Judi	14 5:30 am Bootcamp—Mike 9:00 am Yoga—Susan 10:15 am Healthy Bones 11:30am Chair Yoga—Molly 6:00 PM Spin—Sam	15 5:30 am Metcon—Fran 1:00 PM—Healthy Bones	16 8:00 am Metcon—Ramone
17	18 5:30 am Metcon—Jim 10:30 am Chair Yoga—Judi 5:00 pm Yoga—Susan	19 5:30 am Butts & Guts—Mike 9:00 am Arthritis—Judi 5:00 pm Spin—Terry	20 5:30 am Metcon—Jim 12:00 pm Gentle Mat Yoga—Judi	21 5:30 am Bootcamp—Mike 9:00am Yoga—Susan 10:15 am Healthy Bones 11:30 am Chair Yoga—Molly 6:00 pm Spin—Sam	22 5:30 am Metcon—Fran 1:00 PM—Healthy Bones	23 8:00 am Metcon—Ramone
24	25 5:30 am Metcon—Jim 10:30 am Chair Yoga—Judi 5:00 pm Yoga—Susan	26 5:30 am Butts & Guts—Mike 9:00 am Arthritis—Judi 5:00 pm Spin—Terry	27 5:30 am Metcon—Jim 12:00 pm Gentle Mat Yoga—Judi	28 5:30 am Bootcamp—Mike 9:00am Yoga—Susan 10:15 am Healthy Bones 11:30 am Chair Yoga—Molly 6:00 pm Spin—Sam	29 5:30 am Metcon—Ramone 1:00 PM—Healthy Bones	30 8:00 am Metcon—Ramone

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.