

APRIL 2026

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 Metcon-Jim 10:30am Healthy Bones 4:30pm Total Body-Lenore 5:30pm-Yoga w/Susan | 2 5:30 am Bootcamp- Mike 7:30am Circuit—Jim 9:00 am Mobility & Strength- Mike 10:15 am Healthy Bones 11:15 am Chair Yoga-Molly 6:00 pm Spin-Terry | 3 5:30 am Metcon-Jim 9:00am-Gentle Mat Yoga-Judi | 4 8:00 am Metcon—Claudia |
| 5 Happy Easter ! Open 7am-1pm | 6 5:30 am Metcon—Jim 10:15am Chair Yoga-Judi 5:30pm Yoga w/ Susan | 7 5:30 am Butts & Guts- Mike 7:30am Circuit-Jim 9:00 am Mobility & Strength-Mike 10:00 am Arthritis- Judi 11:30am Chair Yoga-Molly 2pm-Restorative Flow-Claudia 6:00 pm Spin-Terry | 8 5:30 am Metcon-Trinity 10:30am Healthy Bones | 9 5:30 am Bootcamp- Mike 7:30am Circuit—Jim 9:00 am Mobility & Strength- Mike 10:15 am Healthy Bones 11:15 am Chair Yoga-Molly 6:00 pm Spin-Terry | 10 5:30 am Metcon—Jim 9:00am-Gentle Mat Yoga-Judi | 11 8:00 am Metcon—Claudia |
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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.