



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

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.