

September and October Fitness Schedule

The July and August schedule runs from **September 1st to October 31st**.

You may register for classes at the Concierge Desk in the Clubhouse,
unless otherwise specified.

Please make all checks payable to the respective individual instructors.

Registration will begin on Tuesday, August 22nd 2017.

Aquatics with Barbara Hanlon

Location: Outdoor Pool

Mondays: 9:30-10:30am: \$36. Pay as you Go \$4.

Wednesdays: 8:30-9:30am: Pay as you Go \$4.

Fridays: 9:30-10:30am: \$36. Pay as you Go \$4.

Strength and Stretch w/ Barbara Hanlon

Location: Aerobics Room

Mondays: 10:00-11:00am: \$36. Pay as you Go \$4.

Cardio, Weights and Stretch with Barbara Hanlon

Wednesdays at 10:30-11:30am: \$32.

Pay as you Go \$4.

Balance, Core & Strength Training with the Ball with Barbara Hanlon

Location: Aerobics Room

Tuesdays: 10:15-11:15am: Pay as you Go \$4.

B4Ever Fit: Low Impact Aerobics with Linda Barragan and Barbara Hanlon

Location: Ballroom (Monday/Wednesday)

Aerobics Room (Thursday)

Mondays: 10:00-11:00am: Pay as you Go \$4.

Wednesdays: 10:00-11:00am: Pay as you Go \$4.

Thursdays: 10:00-11:00am: Pay as you Go \$4.

Move for Fun with Linda Barragan

Location: Aerobics Room

Fridays: 10:00-11:00am: \$36.

Aquatics with Joyce Salvatore

Location: Outdoor Pool

Tuesdays: 9:15am-10:15am:

Pay as you Go \$5.

Mat-Work Pilates with Lynn Mears

Location: Aerobics Room

Mondays: 8:30-9:30am: \$36. Drop in \$5.

Zumba with Maria Shuflat

Location: Aerobics Room

Fridays: 9:00-9:45am: \$63. Drop in \$5.

Mixed Gentle Yoga with Kirsten Askins

Location: Aerobics Room

Tuesdays and Thursdays: 9:00am-10:00am.

Ten Classes \$70. (Good for 4 months)

Drop in \$10. To register, contact:

kirsten@hanuyoga.com 732-552-6178

Mixed Gentle Yoga with Becky Peary

FREE DEMO CLASS ON

SEPTEMBER 1ST AND 18TH!

Mondays 12:00-1:00pm and

Fridays: 8:00-8:45am.

8 sessions \$48. Drop in \$8.

To register, contact:

Kirsten@hanuyoga.com 732-552-6178

Please Note: No Class on 9/4 or 9/11.