

# July and August Fitness Schedule

The July and August schedule runs from **July 1 to August 31**. 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, June 20th 2017.**

## Aquatics with Barbara Hanlon

**Location: Outdoor Pool**

Mondays: 9:30-10:30am: \$32. Pay as you Go \$4.

Wednesdays: 9:00-10:00am: Pay as you Go \$4.

Fridays: 9:30-10:30am: \$32. Pay as you Go \$4.

*Please note: No Class 7/3.*

## Strength and Stretch w/ Barbara Hanlon

**Location: Aerobics Room**

Mondays: 11:00-12:00pm: \$32. Pay as you Go \$4.

*Please note: No Class 7/3.*

## Cardio, Weights and Stretch with Barbara Hanlon

Wednesdays at 10:30-11:30am: \$36.

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.

*Please note: No Class 7/4.*

## 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.

*Please note: No Class 7/3 or 8/4.*

## Move for Fun with Linda Barragan

**Location: Aerobics Room**

Fridays: 10:00-11:00am: \$32.

## Aquatics with Joyce Salvatore

**Location: Outdoor Pool**

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

Pay as you Go \$4

*Please note: No Class 7/4.*

## Mat-Work Pilates with Lynn Mears

**Location: Aerobics Room**

Mondays: 8:30-9:30am: \$32. Drop in \$5.

*\*First Class will be held July 10th.*

## Zumba with Maria Shuflat

**Location: Aerobics Room**

Fridays: 9:00-9:45am: \$56. 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

*Please note: No Class 7/4.*

## Mixed Gentle Yoga with Becky Peary

Tuesdays 1:00-2:00pm and

Fridays: 8:00-8:45am.

8 sessions \$48. Drop in \$10.

To register, contact:

Kirsten@hanuyoga.com 732-552-6178

*Please note: No Class 7/4.*