

## January and February Fitness Schedule 2018

The November and December schedule runs from January 2nd to February 28th.  
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, December 19th 2017.

### Aquatics with Barbara Hanlon

**Location: Indoor Pool**

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

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

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

### Strength and Stretch w/ Barbara Hanlon

**Location: Aerobics Room**

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

### Cardio, Weights and Stretch with

Barbara Hanlon

**Location: Aerobics Room**

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.

### B4Ever Fit: Low Impact Aerobics with

Linda Barragan and Barbara Hanlon

**Location: Ballroom (Wednesday)**

**Aerobics Room (Monday and 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: \$32.

### Aquatics with Joyce Salvatore

**Location: Indoor 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: \$12. Drop in \$5.

**No class January 29th. Also, no classes will be held in February as per instructor.**

### Zumba with Maria Shufat

**Location: Aerobics Room**

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

**No class January 12th as per instructor.**

### 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

**Location: Aerobics Room**

Mondays: 12:00pm-1:00pm and

Fridays: 8:00am-9:00am

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

Drop in \$10. To register, contact:

kirsten@hanuyoga.com 732-552-6178