

Group Fitness Class Schedule

Effective January 26, 2012

| STUDIO | MON | TUE | WED | THU | FRI | SAT | SUN |
|---------|---|---|---|---|---|---|---|
| 5:45am | | Muscle Challenge | | | | | |
| 8:30am | Yoga | Pilates Mat | Muscle Challenge | Yoga | Muscle Challenge | Pilates Mat | Yoga |
| 9:30am | Step | Cardio Blast | Interval Training | Muscle Challenge | Step |  |  |
| 10:30am |  | Just the Core | Pilates Mat |  | Pilates Mat |  | |
| 11:30am | | Gentle Yoga | Fit for Life | | Gentle Yoga | | |
| 4:30pm | | | Muscle Challenge | | | | |
| 5:30pm | Muscle Challenge | Pilates Mat |  |  |  | | |
| 6:30pm |  | Kickboxing | Muscle Challenge | Kickboxing | | | |
| 7:30pm | Cardio Blast |  | Yoga | | | | |
| 8:30pm | Yoga | | | | | | |

| CYCLE | MON | TUE | WED | THU | FRI | SAT | SUN |
|--------|----------|----------|----------|----------|----------|----------|----------|
| 5:45am | Cycle 60 | | Cycle 60 | | Cycle 60 | | |
| 8:15am | | Cycle 60 | | | | Cycle 60 | Cycle 60 |
| 8:30am | | | | Cycle 60 | Cycle 60 | | |
| 9:30am | Cycle 45 | Cycle 60 | Cycle 45 | | Cycle 60 | Cycle 60 | Cycle 60 |
| 5:30pm | Cycle 60 | Cycle 60 | Cycle 60 | | | | |
| 6:30pm | | Cycle 60 | | Cycle | Cycle 60 | | |
| 7:00pm | Cycle 60 | | Cycle 60 | | | | |

* Registration for CYCLE taken 24 hr in advance at the front desk.

1300 Franklin Ave, Garden City, NY 11530 • 516-741-1057 • www.healthtrax.com

Center Hours: Weekdays 5:00am-10:00pm / Weekends 7:00am-7:00pm

Youth Activity Center Hours: Monday-Saturday 8:30am-12:30pm / Monday-Thursday 4:00-8:00pm (reservations required)