



Group Exercise Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
ST. LUKE'S WARREN FITNESS & SPORTS PERFORMANCE CENTER 755 Memorial Parkway PO Box 11 Phillipsburg, NJ, 08865 (908) 847-8833 Monday through Thursday 5 am—10 pm, Friday 5 am—8 pm Saturday & Sunday 7 am—4 pm						
1 9:30 am Circuit—Jim	2 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 4:00 pm Yoga -Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling- Jeff	3 5:30 am Butts & Guts—Mike 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 1:00 pm Arthritis-Eric 2:00 pm Gentle Yoga-Sue 5:30 pm Metcon- Fran 5:30 pm Pilates—Theresa 7:00 pm Ballroom Dancing	4 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene	5 5:30 am Cycling—Caitlin 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 10:00am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric 5:45 pm Cycling—Jeff	6 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Bootcamp-Mike 10:00 am Yoga- Theresa 11:00 am Healthy Bones 5:30 pm Abs- Fran	7 8:00 am Metcon- Jim 9:30 am Circuit- Jim 10:00 am Cycling—Sam
8 9:30 am Circuit—Jim	9 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 4:00 pm Yoga -Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling- Jeff	10 5:30 am Butts & Guts—Mike 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 1:00 pm Arthritis-Eric 2:00 pm Gentle Yoga-Sue 5:30 pm Metcon- Fran 5:30 pm Pilates—Theresa 7:00 pm Ballroom Dancing	11 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene	12 5:30 am Cycling—Caitlin 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 10:00am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric 5:45 pm Cycling—Jeff	13 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Bootcamp-Mike 10:00 am Yoga- Theresa 11:00 am Healthy Bones 5:30 pm Abs- Fran	14 8:00 am Metcon- Jim 9:30 am Circuit- Jim 10:00 am Cycling—Caitlin
15 9:30 am Circuit- Jim	16 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 4:00 pm Yoga -Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling—Jeff	17 5:30 am Butts & Guts—Mike 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 1:00 pm Arthritis-Eric 2:00 pm Gentle Yoga-Theresa 5:30 pm Metcon- Fran 5:30 pm Pilates—Theresa 7:00 pm Ballroom Dancing	18 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene	19 5:30 am Cycling—Caitlin 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 10:00am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric 5:45 pm Cycling—Jeff	20 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Bootcamp-Mike 10:00 am Yoga- Theresa 11:00 am Healthy Bones 5:30 pm Abs- Fran	21 8:00 am Metcon- Jim 9:30 am Circuit- Jim 10:00 am Cycling—Sam
22 9:30 am Circuit- Jim	23 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 4:00 pm Yoga -Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling- Jeff	24 5:30 am Butts & Guts—Mike 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 1:00 pm Arthritis-Eric 2:00 pm Gentle Yoga-Sue 5:30 pm Metcon- Fran 5:30 pm Pilates—Theresa 7:00 pm Ballroom Dancing	25 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene	26 5:30 am Cycling—Caitlin 7:30 am Circuit- Mike 9:00 am Arthritis -Mike 10:00am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric 5:45 pm Cycling—Jeff	27 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Bootcamp-Mike 10:00 am Yoga- Theresa 11:00 am Healthy Bones 5:30 pm Abs- Fran	28 8:00 am Metcon- Jim 9:30 am Circuit- Jim 10:00 am Cycling—Sam
29 9:30 am Circuit- Jim	30 5:30 am Metcon-Mike 8:00 am Metcon- Mike 9:30 am Metcon-Mike 4:00 pm Yoga -Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling- Jeff					Free for Members \$10 Drop in fee—Non Members