



## Group Exercise Schedule

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<b>ST. LUKE'S WARREN FITNESS &amp; SPORTS PERFORMANCE CENTER</b> 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						
				<b>1</b> 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 5:30 pm Cycling—Jeff	<b>2</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 10:00 am Healthy Bones 5:30 pm Metcon—Fran	<b>3</b> 8:00 am Metcon—Jim 9:30 am Circuit—Jim
<b>4</b> 9:30 am Circuit—Jim	<b>5</b> 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	<b>6</b> 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	<b>7</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 5:00 pm Yoga—Marlene	<b>8</b> 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 5:30 pm Cycling—Jeff	<b>9</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 10:00 am Healthy Bones 5:30 pm Metcon—Fran	<b>10</b> 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam
<b>11</b> 9:30 am Circuit—Jim	<b>12</b> 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	<b>13</b> 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	<b>14</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 5:00 pm Yoga—Marlene  <b>HAPPY VALENTINES DAY!!!</b>	<b>15</b> 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 5:30 pm Cycling—Jeff	<b>16</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 10:00 am Healthy Bones 5:30 pm Metcon—Fran	<b>17</b> 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam
<b>18</b> 9:30 am Circuit—Jim	<b>19</b> 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	<b>20</b> 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	<b>21</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 5:00 pm Yoga—Marlene	<b>22</b> 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 5:30 pm Cycling—Jeff	<b>23</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 10:00 am Healthy Bones 5:30 pm Metcon—Fran	<b>24</b> 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam
<b>25</b> 9:30 am Circuit—Jim	<b>26</b> 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	<b>27</b> 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	<b>28</b> 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 5:00 pm Yoga—Marlene			Free for Members  \$10 Drop in fee—Non Members