



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 8:00 am Metcon—Mike 9:30 am Metcon— Mike Happy New Year!!! Hours 7am—1pm	2 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 5:30 pm Metcon— Fran 5:30 pm Pilates—Theresa	3 5:30 am Metcon-Mike 8:00 am Metcon— Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene 6:30 pm Boot Camp—Sam	4 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	5 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	6 8:00 am Metcon— Jim 9:30 am Circuit- Jim
7 9:30 am Circuit—Jim	8 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 Ab Madness— Sam 7:30 PM Cycling — Sam	9 5:30 am Cycling—Caitlin 7:30 am Circuit— Mike 9:00 am Arthritis —Mike 10:00 am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric	10 5:30 am Metcon-Mike 8:00 am Metcon— Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene 6:30 pm Boot Camp—Sam	11 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	12 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	13 8:00 am Metcon— Jim 9:30 am Circuit- Jim
14 9:30 am Circuit— Jim	15 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 Ab Madness— Sam 7:30 PM Cycling — Sam	16 5:30 am Cycling—Caitlin 7:30 am Circuit— Eric 9:00 am Arthritis —Mike 10:00 am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric	17 5:30 am Metcon-Mike 8:00 am Metcon— Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene 6:30 pm Boot Camp—Sam	18 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	19 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	20 8:00 am Metcon— Jim 9:30 am Circuit- Jim
21 9:30 am Circuit— Jim	22 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 Ab Madness— Sam 7:30 PM Cycling — Sam	23 5:30 am Cycling—Caitlin 7:30 am Circuit— Eric 9:00 am Arthritis —Mike 10:00 am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric	24 5:30 am Metcon-Mike 8:00 am Metcon— Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene 6:30 pm Boot Camp—Sam	24 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	25 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	26 8:00 am Metcon— Jim 9:30 am Circuit- Jim
27 9:30 am Circuit— Jim	28 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 Ab Madness— Sam 7:30 PM Cycling — Sam	29 5:30 am Cycling—Caitlin 7:30 am Circuit— Eric 9:00 am Arthritis —Mike 10:00 am Healthy Bones 11 am Cardiodance—Theresa 12 pm Gentle Yoga—Theresa 1:00 pm Arthritis-Eric	30 5:30 am Metcon-Mike 8:00 am Metcon— Mike 9:30 am Metcon-Mike 5:00 pm Yoga -Marlene 6:30 pm Boot Camp—Sam	31 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	Free for Members \$10 Drop in fee—Non Members	