

MARCH 2018

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						
Free for Members \$10 Drop in fee—Non Members				1 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	2 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	3 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam
4 9:30 am Circuit—Jim	5 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	6 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	7 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 5:00 pm Yoga—Marlene	8 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	9 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	10 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam
11 9:30 am Circuit—Jim	12 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 11:00 am Balance—Taylor 4:00 pm Yoga—Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling—Jeff	13 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	14 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 11:00 am Balance—Taylor 5:00 pm Yoga—Marlene	15 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	16 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	17 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam Happy St. Patrick's Day!!
18 9:30 am Circuit—Jim	19 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 11:00 am Balance—Taylor 4:00 pm Yoga—Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling—Jeff	20 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	21 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 11:00 am Balance—Taylor 5:00 pm Yoga—Marlene	22 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	23 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	24 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam
25 9:30 am Circuit—Jim	26 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 11:00 am Balance—Taylor 4:00 pm Yoga—Marlene 5:30 pm Pilates—Theresa 6:30 pm Cycling—Jeff	27 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	28 5:30 am Metcon—Mike 8:00 am Metcon—Mike 9:30 am Metcon—Mike 11:00 am Balance—Taylor 5:00 pm Yoga—Marlene	29 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	30 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	31 8:00 am Metcon—Jim 9:30 am Circuit—Jim 10:00 am Cycling—Sam