

# FEBRUARY GROUP FITNESS

## NFC MORRISTOWN



### CLASS DESCRIPTIONS

ABS-Ab Solutions

BC-BodyCombat

BF-BodyFlow

BP-BodyPump

BS-BodyStep

FA-Firm Assets

FS-Free Style Step

Jam-BodyJam

P-Pilates

TS-Tread n Shed

TT-Triple Threat

US-Upper Sculpt

WA-Water Aerobics

Y-Yoga

### Les Mills February Relaunches: 7th-Jam&Flow 10th-BC 13th-BP 15th-BS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
3:00 Jam Cammi	6:00 TS Gail	6:00 BP Gail	6:00 C Gail	6:00 FA Gail	6:00 BC Bobbie	
	8:30 BC Michelle	8:30 BS Patty	8:30 TT Michelle	6:30 Abs Gail	8:30 TT Michelle	9:00 BC Angie
	8:30 TS Gail	9:45 BP Patty	8:30 TS Gail	8:30 BC Bobbie		10:00 BP Kim
				9:45 BP Patty		
		5:00 US Sheila			4:30 BC Michelle	
		5:30 C Andee	5:30 TS Jamie		5:30 BP Patty	
		5:30 BS Sheila	5:30 Jam Cammi	5:30 FS Jamie		
		6:00 Abs* Angie		6:00 Abs* Angie		
	6:30 BC Angie	6:30 BP Kim	6:30 BC Angie	6:30 BS Sheila		

CARDIO & STRENGTH

\*Mon. & Wed. PM Abs in KIM Room

\*\*Mon. PM Yoga in Multi-Purpose Room

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 Flow Cammi					8:30 Y Kim	
	9:30 P Patty		9:30 P Patty			11:00 Flow Jody
	5:30 Y** Marlene					
	11,18,25 Andee	6:30 Flow Cammi		6:30 P Andee		

MIND/BODY

Club Hours:

M - F 5am - Midnight

Sat 8am - 8pm

Sun Noon - 6pm

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 WA Jan	9:30 WA Jan	9:30 WA Jan	9:30 WA Jan	9:30 WA Jan	
				5:30 WA Deb		

WATER

Childcare Hours:

M-Fri. 8am-12pm, 4pm-9pm / Fri. 4pm-8pm

Sat. 8am-12pm No Childcare on Sunday

\*Adult Karate on Mon.@6:30pm & Wed.@6pm in the Mind & Body Room