

FITNESS INCENTIVE

157 Deer Park Avenue, Babylon Village NY 631-587-5766

www.fitnessincentive.com

Class Schedule...Page 2

SUMMER 2008

All Levels Beginner Intermediate Advanced Limited Enrollment FitKids

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Eff Date: 9/1/2008

Time v	Friday				Sunday			
Room>	Studio One	Spin	Yoga Studio	Reformer Studio	Studio One	Spin	Yoga Studio	Reformer Studio
5a		5:10a Elle H						
5:30	5:30a Erin C	Spin		5:30a W&F \$				
6	20-20-20	6a Andy K		Reformer				
6:30		Spin	6:30a Ron M					
7			Vinyasa	7a T&F \$	7a Carol A			
7:30	7:30a Sculpt			Reformer	Rebounding			
8	8a Lisa B				8a UpperCut			
8:30	Cardio	8:15a Carmella			8:30a Kelly		8a Angela S	
9	9:15a Cor B	Spin			Cardio Kickbox	9a April M	Vinyasa	
9:30	Xtreme Cardio	9:30a Laurie G	9:30a Farrah B		9:30a Erin C	Spin	9:30a Angela S	
10	1.25 HRS	Cardio Blast Spin	Mat Pilates 1		20-20-20		Vinyasa	
10:30	10:30a UpperCut		10:30a Jodi C	10:30a W&F \$				
11	11a RockBottom		Vinyasa	Reformer				
11:30	11:45a Eileen B		1.5 hr					
12p	Sculpt							
12:30								
1								
1:30								
2								
2:30								
3								
3:30								
4	4p Erin F		4p Eileen J					
4:30	Sculpt		FitKids (6-8)					
5		5p Eileen J	5pm Cindy V.					
5:30		Fitkids Spin (9+)	Mat Pilates 1					
6		6p Chris P	6p Angela S					
6:30		Spin	Happy Hour					
7			1.5 hr					
7:30								
8								
8:30								
9								
9:30								
10								

Time v	Saturday			
Room>	Studio One	Spin	Yoga Studio	Reformer Studio
5a				
5:30				
6				
6:30				
7	7a Cor B	7a Bobby O		
7:30	Pump&Jump	Spin		
8	8a Liz R	8a Mary/Sue	8a Sept \$	
8:30	Sculpt	Spin	Jump&Drill	
9	9a Cor B	9a Mary/Sue	9a Cher M	
9:30	Interval Training	Spin	Vinyasa	9:30a Sat
10	1.25 HRS	10a April M	1.5 hr	Reformer
10:30	10:15a Cathy P	Spin	10:30a Teresa M	
11	AeroFunk		Mat Pilates 1	
11:30	11:15a Chris E		11:30a Cathy P	
12p	Cardio		Essential Stretch	
12:30			1.25 hr	
1				
1:30				
2				
2:30				
3				
3:30				
4				
4:30				
5				
5:30				
6				
6:30				
7				
7:30				
8				
8:30				
9				
9:30				
10				

Additional Information

Athletic Advantage (AAT) Schedule**

Wed 4pm	Spin
Tue/Thur 7pm	Conditioning, Agility Core & Speed Training
Sat 9:30 am	Conditioning, Agility Core & Speed Training
Sat. 10:30am	AAT Evaluations - by appointment.

** Athletic Advantage Training Sessions are open exclusively to high school and college athletes. Contact desk for details.

Fall AAT schedule effective as of Wednesday, Sept. 3rd.

Hours of Operation

	From:	To:
Monday-Friday	5:00a	10:00p
Saturday & Sunday	6:45a	6:00p

Childcare

Policy: Childcare is provided for free in our nursery during the hours indicated. Parent(s) or guardian must remain on premises while child is in the nursery. For their own safety, children under 14 are only allowed in the gym during the hours when childcare is provided, and they must remain in the nursery. Ages 8 through 13 are permitted in the tweens room at the childcare provider's discretion.

Nursery Hours

	From:	To:	Closed:
Mon & Wed	8:00a	8:00p	2:30-4p
Tues & Thurs	8:00a	8:30p	2:30-4p
Friday	8:00a	7:15p	2:30-3:30p
Sat & Sun	8:00a	12:30p	

Pilates Reformer Classes

Consult with the Front Desk or e-mail Dina@fitnessincentive.com for information regarding session start dates and durations.

Schedule Change Policy: Classes and instructors are subject to change without advance notice. Check our website for the latest class, Spinning EZ, Yoga, & FitKids' schedules: www.fitnessincentive.com