

# FITNESS INCENTIVE

157 Deer Park Avenue, Babylon Village NY 631-587-5766  
[www.fitnessincentive.com](http://www.fitnessincentive.com) email: [fit@fitnessincentive.com](mailto:fit@fitnessincentive.com)

Class Schedule...Page 1...Monday thru Thursday

Effective Date: 1/9/2017

All Levels Beginner Intermediate Advanced Limited Enrollment Reserved FitKids

Monday				Wednesday					
Time	Studio One	Cycle	Yoga Studio	Other Rooms	Time	Studio One	Cycle	Yoga Studio	Other Rooms
5a	<b>BODYSHRED</b> (5:15)	<b>Cycle</b> (5:15a)			5a	<b>P90x/Insanity</b> (5:15)	<b>Cycle</b> (5:15a)	<b>Mat Pilates</b>	
5:30	Michelle P	Sara L			5:30	Missy D	Jillian J	Melissa V (515a)	
6	<b>Sculpt</b>	<b>Cycle</b>	Rise & Shine Vinyasa		6		<b>Cycle</b>	<b>Barre Express</b> - Kelly P	
6:30	Liz R	Sal T	Andrea P		6:30		Liz L	Rise & Shine Vinyasa	
7		<b>Cycle</b> - Erin F	<b>Vinyasa</b>		7	<b>Essential Stretch</b>		Andrea P	
7:30			Karen B		7:30	Dina V			
8	<b>Pushin Plates</b> (8:15)				8	<b>Cardiokick-Strength</b>		<b>Core Fusion</b>	
8:30	Carol T	<b>Cycle</b> (8:15a)			8:30	Erin F	<b>Cycle</b> (8:15a)	Dina V	
9	<b>Upper Cut &amp; Core- Cor</b>	Jourdan B	<b>Hot Fusion Yoga</b>		9	<b>Ab Attack</b> Erin (15 min)	Eileen J		
9:30	9:15-10:30a	<b>Cycle</b>			9:30	<b>Push' Plates</b> Carol (9:15)	<b>Cycle</b>		
10		Jamie P	Jodi C		10	<b>Cathy's Stretch</b>	Jourdan B	<b>Strength Flow</b>	
10:30	<b>Cardio Strength</b> 10:30a		<b>Vinyasa</b>		10:30	<b>Sculpt</b>		(1015-1115a) Donna P	
11	Cathy P		Jodi C		11	Lisa B			
11:30	<b>Beginner Sculpt</b> (11:45a)				11:30			<b>Core Balance</b>	
12p	Linda C				12p			Donna P	
12:30			<b>Chair Yoga</b>		12:30	<b>Dance Blast- Past</b>			
1			Teresa M		1	Victoria C			
1:30					1:30				
2					2				
2:30					2:30				
3					3				
3:30				330-415p Clinic Speed & Agility	3:30				
4	<b>Tabata</b>		<b>HIIT TRX</b> (45 min)		4		<b>Cycle</b> (415p)	<b>Hot Yoga Express</b>	345-430p Clinic Strength & Condition
4:30	Danielle T		4pm Erin F		4:30		Erin F	Gina M	430-515p FITeens
5	<b>Strength Challenge</b>		<b>Basic Beg Yoga</b>		5	<b>Sculpt</b>		<b>Pilates Pulse</b>	Ages 8-13
5:30	Jourdan B		Karen B		5:30	Erin F	<b>Cycle</b>	Amy S (515-6p)	<b>PowerX 5:30p</b>
6	<b>Elevated Training</b>	<b>Cycle</b>	<b>Vinyasa 2</b>	<b>Fitness Boxing</b>	6	Victoria C	Monica S	<b>Uptown Barre</b>	Kelly W
6:30	Kelly W	April M	Donna D	7pm Kristin H	6:30	<b>Pump&amp;Jump</b>	<b>Cycle</b>	Dawn M (615-7p)	
7	<b>Pound</b> - Kelly/Amy S	<b>Cycle</b> (715p)	<b>Mat Pilates</b>	<b>Fit Force- carport</b>	7	<b>Shakin It</b>	Sara	<b>Hatha Yoga w/ Hips</b>	
7:30		Mary K	Melissa V	7pm Sue & Danielle	7:30	Dawn M		Andrea P	
8	<b>Sculpt</b>		<b>Gentle Yoga</b>		8	<b>Sculpt</b>		(1.5 hr- 715-845p)	
8:30	Chris C		Andrea P		8:30	Chris C			
9	<b>Booty Call</b> - Danielle T				9				
9:30	<b>For the Core</b> -Danielle T				9:30				
10					10				

  

Tuesday				Thursday					
Time	Studio One	Cycle	Yoga Studio	Other Rooms	Time	Studio One	Cycle	Yoga Studio	Other Rooms
5a	<b>BootCamp</b> (5:15a)	<b>Cycle</b> (5:15a)			5a	<b>Step</b> (5:15a)	<b>Cycle</b> (5:15a)	<b>TRX</b> (5:15am)	
5:30	Jillian J (45 min)	Sharon D			5:30	Cor B	Sharon D	Erin F	
6	<b>Interval Training</b>	<b>Cycle</b>	<b>Mat Pilates</b>		6	<b>Ab Attack- Cor</b>	<b>Cycle</b>		
6:30	Cor	Iris G	Dina V		6:30		Iris G	<b>Mat Pilates</b>	
7	<b>Es Stretch</b> - Cor (15m)	<b>Cycle</b> - Carmella	<b>Explorative Yoga</b>		7		<b>Cycle</b> - Carmella	Dina V	
7:30			Dina V		7:30	<b>Ab Attack- Jillian</b>		<b>Strength &amp; Balance</b>	
8	<b>Ab Attack</b> - Jillian (15m)				8	<b>Cardio Strength</b>		Linda C	
8:30					8:30	Janet L	<b>Cycle</b> (8:15a)	<b>Power Barre</b>	
9	<b>Sculpt</b>	<b>Cycle</b> (8:15a)	<b>Vipr</b> (830a)		9	<b>Ab Attack</b> - Amy (15m)	Jourdan B	Kelly P (830-915am)	
8:30	Eileen J	Laurie K	Danielle T		9:30	<b>Pump &amp; Jump</b> Cor 9:15-1hr	<b>Cycle</b>	<b>Mat Pilates</b>	<b>Vipr</b> (9a)
9:30	<b>Cardio Strength</b>	<b>Cycle</b>	<b>Mat Pilates</b>		10	<b>Cardio Core</b> - Cor	Sara L	Dina V(45 min)	Eileen J
10	Cathy P (9:15a)	Jamie B	Dina V		10:30	<b>Sculpt</b>			
10:30	(1.25 Hr)				11	Janet L			
11	<b>Strength Challenge</b>		<b>Vinyasa Yoga</b>		11:30	<b>Beginner Sculpt</b> (11:45a)		<b>Vinyasa Yoga</b>	
11:30	Jourdan B		Carol L		12p	Eileen B		Karen B	
12p					12:30			<b>Chair Yoga</b>	
12:30					1			Andrea P	
1			<b>Chair Yoga</b>		1:30				
1:30			Andrea P		2				
2					2:30				
2:30					3				
3					3:30				
3:30					4				
4	<b>20-20-20</b>	<b>Cycle</b> (415p)	<b>Mat Pilates</b>		4:30	<b>Step Interval</b>	<b>Cycle</b> (415p)	<b>Element Yoga</b>	
4:30	Erin F	Eileen J	Linda C		5	Erin F	Laurie K	Andrea P	430-515p FITeens
5	<b>Sculpt</b>		<b>Vipr</b>		5:30	<b>Booty Call</b>	<b>Cycle</b>	<b>Vinyasa</b>	Ages 8-13
5:30	Erin F		515-545pm Danielle		6	Danielle T (5-545p)	Jillian J	Adrienne L (515pm)	
6	<b>Street Beat</b>	Andrea W	<b>Strength Flow</b>		6:30	<b>Cardiokick-Strength</b>			615-7p Clinic
6:30	Christina T		Monica S		7	Kelly W		<b>Hot Fusion Yoga</b>	Speed & Agility
7	<b>Tabata</b>	<b>Cycle</b> (715p)	<b>Muscles &amp; Mantra</b>	<b>Fitness Boxing</b>	7:30	<b>Pushin Plates</b>	<b>Cycle</b> (715p)	(6:30-8:00)	
7:30	Jillian J	Devon S	Monica S	6pm Kristin H	8	Danielle T/ Erik B	Sal T	Karen B	
8			<b>Eclectic Vinyasa</b>		8:30			<b>Vinyasa 2</b>	
8:30			Ron M		9			Karen B	
9					9:30				
9:30					10				

# FITNESS INCENTIVE

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Class Schedule...Page 2...Friday, Saturday & Sunday

Effective Date: 12/19/2016

All Levels	Beginner	Intermediate	Advanced	Limited Enrollment	Reserved	Fitkids
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Friday				Sunday					
5a ▶	Studio One	Cycle	Yoga Studio	Other Rooms	5a ▶	Studio One	Cycle	Yoga Studio	Other Rooms
5:30 ▶	<b>Pushin Plates</b> (5:15a) Michelle P	<b>Cycle</b> (5:15a) Janet L			5:30 ▶				
6 ▶				<b>Vipr</b> Shawn W	6 ▶				
6:30 ▶		<b>Cycle</b> Sal T	<b>Rise &amp; Shine Vinyasa</b>		6:30 ▶				
7 ▶		<b>Cycle- Liz L</b>	Andrea P		7 ▶				
7:30 ▶					7:30 ▶	<b>Strength Challenge</b>			
8 ▶					8 ▶	Brad A/ Jillian J			
8:30 ▶	<b>Dance Blast- Past</b> Victoria C	<b>Cycle</b> (8:15)	<b>Hot Yoga Express</b> Alissa		8:30 ▶	<b>UpperCut</b> - Kelly	<b>Cycle</b>	<b>Vinyasa</b>	<b>815-9a FITeens</b>
9 ▶	<b>Cardiokick-Strength</b> Jourdan B (915-10)	Carmella M			9 ▶	<b>Cardio/Kick/Drill</b> Kelly W	Sal T	Neelima P	Ages 8-13
9:30 ▶	<b>Pound Vict (30m)</b> Eileen J	<b>Cycle</b>	<b>Mat Pilates</b> Linda C		9:30 ▶	<b>Shakin It</b> Dawn M	<b>Cycle</b> Monica S	<b>Vinyasa</b> Neelima P	
10 ▶	<b>Cardio Strength</b> Cathy P		<b>Strength Flow</b> Donna P	<b>Bridge Basic - (1045)</b>	10 ▶	<b>Sculpt</b> Diana M	<b>Cycle</b> Dawn M		
11:30 ▶	<b>Beginner Sculpt</b> (11:45a) Linda C				11:30 ▶			<b>Strength Flow Yoga</b> Monica S	
12p ▶					12p ▶				
12:30 ▶					12:30 ▶				
1 ▶					1 ▶				
1:30 ▶					1:30 ▶				
2 ▶					2 ▶				
2:30 ▶					2:30 ▶				
3 ▶					3 ▶				
3:30 ▶					3:30 ▶				
4 ▶					4 ▶				
4:30 ▶	<b>Sculpt</b> Erin F			<b>430-515p FITeens</b> Ages 8-13	4:30 ▶			<b>Vipr</b> Danielle T	
5 ▶	<b>Street Beat</b> Christina T	<b>Cycle</b> (5:15p) Sharon D			5 ▶				
5:30 ▶					5:30 ▶				
6 ▶					6 ▶				
6:30 ▶			<b>Happy Hour</b> Neelima 1.5 hr		6:30 ▶				
7 ▶					7 ▶				
7:30 ▶					7:30 ▶				
8 ▶					8 ▶				
8:30 ▶					8:30 ▶				
9 ▶					9 ▶				
9:30 ▶					9:30 ▶				
10 ▶					10 ▶				

Saturday			
5a ▶			
5:30 ▶			
6 ▶			
6:30 ▶			
7 ▶	<b>Rebounding-Michele</b>	<b>Cycle</b> - Carmella	
7:30 ▶	<b>Cardio Core - Cor</b>		<b>3D Fit- Mariana</b>
8 ▶	<b>Strength Challenge</b> Liz R	<b>Cycle</b> Carol T	<b>Jump &amp; Drill</b> Kelly W
8:30 ▶	<b>Interval Training</b> Kelly W/ Bri S (1.25 Hr)	<b>Cycle</b> Sara L	<b>815-9a FITeens</b> Ages 8-13
9 ▶	<b>Zumba</b> (10:15) Jen F	<b>Cycle</b> Devon S	<b>Fit Force</b> 930am Sue & Danielle
9:30 ▶			<b>9-945a Clinic</b> Strength & Condition
10 ▶			
10:30 ▶			
11 ▶			
11:30 ▶			
12p ▶			<b>Essential Stretch</b> Cathy P (1.25 hrs)
12:30 ▶			
1 ▶			
1:30 ▶			
2 ▶			
2:30 ▶			
3 ▶			
3:30 ▶			
4 ▶			
4:30 ▶			
5 ▶			
5:30 ▶			
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6:30 ▶			
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7:30 ▶			
8 ▶			
8:30 ▶			
9 ▶			
9:30 ▶			
10 ▶			

Additional Information		
<b>Hours of Operation</b>		
	<b>From:</b>	<b>To:</b>
<b>Monday-Friday</b>	5:00a	10:00p
<b>Saturday</b>	6:00a	6:00p
<b>Sunday</b>	6:00a	6:00p
<b>Childcare</b>		
<b>Policy:</b> 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 at the childcare provider's discretion.		
<b>Nursery Hours</b>		
	<b>Morning Hours</b>	<b>Evening Hours</b>
<b>Mon- Thu</b>	8:00-2:30p	3:30-8:00p
<b>Fri</b>	8:00-2:30p	3:30-7:30p
<b>Sat &amp; Sun</b>	8:00-12:30p	
<b>Eat Smart Nutrition Program</b>		
Consult with the Front Desk or e-mail eatsmart@fitnessincentive.com for information regarding individual or group counseling. Available for members or nonmembers nutrition related health concerns (high cholesterol, high blood pressure, diabetes, etc), diet and nutritional counseling.		
<b>FitTeens and Training</b>		
FITeens is an exercise and nutrition program for children from the ages of 9-14 years old. <b>Training</b> is a small group personal training program for children ages 11-14. Questions? Email: eileen@fitnessincentive.com.		
<b>Schedule Change Policy</b>		
Classes and instructors are subject to change without advance notice. Check our website for the latest class, cycle and yoga schedules: <a href="http://www.fitnessincentive.com">www.fitnessincentive.com</a>		