

# FITNESS INCENTIVE

157 Deer Park Avenue, Babylon Village NY 631-587-5766  
www.fitnessincentive.com email: fit@fitnessincentive.com

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

Effective Date: 1/26/2012

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Monday				Wednesday					
5a	Studio One	Spindrome	Yoga Studio	Other Rooms	5a	Studio One	Spindrome	Yoga Studio	Other Rooms
5:30		<b>Spin Express (5:10a)</b> Sharon D			5:30		<b>Spin Express (5:10a)</b> Sharon D		
6					6				<b>VIPR</b> Shawn W(2/8-2/29)
6:30	<b>Sculpt</b> Liz R	<b>Spin</b> Sal T	<b>TRX</b> Sharon D		6:30	<b>For the Core &amp; UpperCut - Sharon D</b>	<b>Spin</b> Andy K		<b>Vinyasa</b> Andrea P
7			<b>Vinyasa</b> Karen B		7	<b>Sculpt</b> Victoria C			
7:30					7:30	<b>CardioKick-Strength</b> Kelly W			<b>Core Fusion</b> Dina V
8	<b>Sculpt</b> Laurie G	<b>Spin (8:15a)</b> Toni F			8		<b>Spin (8:15a)</b> Eileen J		<b>S3-tweens 8:30-9:30a</b> RESERVED
8:30			<b>Hot Yoga Fusion (9:00-10:30a)</b> Alissa D	<b>JumpBoard 9:30a</b> Dina V	8:30	<b>Hard Core (9:15a)</b> Cor B	<b>Spin</b> Toni F		<b>S3-tweens 9:30-10:15a</b> Marianela V (1/25-2/15)
9	<b>9:15-10:30a Upper Cut &amp; For the Core- Cor</b>	<b>Spin</b> Mary K			9				
9:30	<b>Cardio Kickbox 10:30a</b> Cathy P				9:30	<b>Sculpt</b> Lisa B		<b>Form &amp; Focus Hatha</b> Donna P	<b>JumpBoard 9:30a</b> Dina V
10:30					10:30				
11				<b>Circuit Pilates</b> Dina V	11	<b>Cardio</b> Janet L			<b>Circuit Pilates</b> Dina V
11:30					11:30				
12p			<b>Chair Yoga</b> Teresa M		12p				
12:30					12:30			<b>Hot Fusion Yoga (12:00-1:30)</b> Angela S	
1	<b>Sculpt</b> Cathy P				1				
1:30					1:30				
2					2				
2:30					2:30				
3					3				
3:30					3:30				
4					4				
4:30	<b>Pound Melt Pilates</b> Dina V (45 min)			<b>Pilates Reformer</b> Michelle W	4:30	<b>Cardio TNT - Bri S</b>	<b>Spin</b> Saran H		
5	<b>Elevated Training</b> Kelly W				5	<b>Body Blast - Bri S</b>			
5:30					5:30	<b>Body Blast - Bri S</b>			<b>TRX</b> Sharon D
6	<b>Cardio TNT - Kelly/Cor</b>	<b>Spin</b>	<b>Vinyasa</b>		6	<b>Pump&amp;Jump</b> Victoria C	<b>Spin</b> Carmella M		
6:30	<b>Ab Attack - TJ (6:45p)</b>	Carmella	Jodi C		6:30				
7	<b>Cardio Sculpt</b> Kelly P	<b>Spin</b> April M	<b>Mat Pilates</b> Nancy C		7	<b>Shakin It</b> Dawn M	<b>Spin</b> April M	<b>Eclectic Mix</b> Andrea P	<b>Pilates Reformer</b> Michelle W
7:30	<b>For the Core-Chris</b>		<b>Gentle Yoga</b> Andrea P		7:30	<b>Sculpt</b> Chris C			
8	<b>UpperCut - Chris C</b>				8				
8:30					8:30				
9					9				
9:30					9:30				
10					10				

Tuesday				Thursday					
5a	Studio One	Spindrome	Yoga Studio	Other Rooms	5a	Studio One	Spindrome	Yoga Studio	Other Rooms
5:30		<b>Spin Express (5:10a)</b>	<b>TRX</b>		5:30	<b>UpperCut (5:15a)</b> Liz R	<b>Spin Express (5:10a)</b> Elle H		<b>TRX</b> Sharon
6	<b>RockBottom- Liz R</b>	Elle H	<b>Pilates Xpress</b> Dina V(45 min)		6	<b>Rebound Strength</b> Carol T	<b>Spin</b> Iris G		<b>Mat Pilates</b> Dina V
6:30	<b>Triple S- Liz R</b>	<b>Spin</b> Iris G			6:30		<b>Spin Xpress - Carmella</b>		
7		<b>Spin Xpress - Carmella</b>	<b>S3 7:30-8:15am</b> Marianela V (1/31-2/14)		7				
7:30	<b>Ab Attack - Carol (15m)</b>				7:30	<b>Ab Attack - Carol (15m)</b>			
8	<b>Cardio Sculpt</b> Eileen J			<b>Jump Board</b> Dina V	8	<b>Step&amp;Sculpt</b> Eileen J			<b>Jump Board</b> Dina V
8:30		<b>Spin (8:15a)</b> Laurie G	<b>VIPR</b> Kelly W(1/31-2/14)		8:30		<b>Spin (8:15a)</b> Mary K		
9	<b>Step (9:15a)</b> Cathy P	<b>Spin</b> Susan	<b>Mat Pilates</b> Dina V		9	<b>Ab Attack - Amy (15m)</b>	<b>Spin</b> Susan D	<b>Mat Pilates</b> Dina V	
9:30	<b>UpperCut - Chris</b>		<b>Kripalu Hatha</b> Carol L		9:30	<b>Pump &amp; Jump Cor (9:15)</b>			
10	<b>RockBottom-Chris</b>				10	<b>For the Core- Cor</b>			
10:30					10:30	<b>UpperCut - Janet</b>			<b>VIPR</b> Chris H(2/2-2/23)
11					11	<b>RockBottom- Janet</b>			<b>Kripalu Hatha</b> Carol L
11:30					11:30				<b>Chair Yoga</b> Andrea P
12p			<b>Dance Blast- Past</b> Victoria		12p				
12:30					12:30				
1					1				
1:30					1:30				
2					2				
2:30					2:30				
3					3				
3:30				<b>FitKids (11-14yrs) Eileen J</b>	3:30				<b>FitKids (11-14yrs) Eileen J</b>
4	<b>Pump &amp; Jump</b> Erin F	<b>Spin</b> Eileen J	<b>Mat Pilates</b> Linda W.	<b>FitKids Yoga (9-13yrs) Eileen J</b>	4		<b>Spin</b> Eileen J	<b>Element Yoga</b> Andrea P	<b>Pilates Reformer</b> Michelle W
4:30					4:30				<b>VIPR</b> Kelly W(2/2-2/23)
5	<b>Sculpt</b> Erin F		<b>Jump &amp; Drill</b> Kelly (2/14-4/3)	<b>S3-TWEENS 5:15-6p</b> Marianela V (1/31-2/14)	5	<b>Pilates Xpress</b> Dina V(45 min)			
5:30					5:30				
6	<b>Shakin 2</b> Victoria C	<b>Spin</b> Chris P	<b>Vinyasa</b> Christina Z	<b>HIIT TRX- TWEENS 6:15pm</b> Sharon D	6	<b>Cardio Kickbox</b> Kelly W	<b>Spin</b> Michele C	<b>Hot Fusion Yoga (6:30-8:00)</b> Karen B	<b>5pm FitKids Pilates (9-13yrs) Eileen J</b>
6:30					6:30				
7	<b>For the Core &amp; UpperCut -TBD</b>	<b>Spin</b> Dawn M			7	<b>WCW</b> Amy L. (2/9-3/29)			
7:30					7:30				
8	<b>WCW</b> Amy L. (2/7-3/27)		<b>Eclectic Vinyasa</b> Ron M		8			<b>Vinyasa</b> Karen B	
8:30					8:30				
9					9				
9:30					9:30				
10					10				

# FITNESS INCENTIVE

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

Effective Date: 1/26/2012

All Levels	Beginner	Intermediate	Advanced	Limited Enrollment	Reserved	Fitkids
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## Friday

## Sunday

	Studio One	Spindrome	Yoga Studio	Other Rooms		Studio One	Spindrome	Yoga Studio	Other Rooms
5a ▶		<b>Spin Express (5:10a)</b>	<b>TRX</b>		5a ▶				
5:30 ▶		Elle H	Carol T		5:30 ▶				
6 ▶	<b>Hard Core</b>				6 ▶				
6:30 ▶	Cor B	<b>Spin</b>		<b>Pilates Reformer</b>	6:30 ▶				
7 ▶		Andy K	<b>Rise &amp; Shine Vinyasa</b>	Dina V	7 ▶				
7:30 ▶			Andrea P	<b>Pilates Reformer</b>	7:30 ▶	<b>Rebound Strength</b>		<b>TRX</b>	
8 ▶				Dina V	8 ▶	Carol T		Sharon D	
8:30 ▶	<b>Cardio TNT-ChrisE</b>				8:30 ▶	<b>UpperCut - Kelly</b>	<b>Sprint Spin</b>	<b>Vinyasa</b>	
9 ▶	<b>Stability Ball-ChrisE</b>	<b>Spin (8:15)</b>	<b>VIPR</b>		9 ▶	<b>Cardio Kickbox</b>	Sharon D	Angela S	
9:30 ▶	<b>Bollywood Sweat (9:15)</b>	Carmella M	Chris H(2/3-2/24)	<b>Jump Board Express</b>	9:30 ▶	Kelly W	<b>Spin</b>	1.5 hr	
10 ▶	Kelly W	<b>Spin</b>	<b>Mat Pilates</b>	Dina V	10 ▶	<b>Shakin It</b>	April M	<b>Vinyasa</b>	
10:30 ▶	1.25 hours	Eileen J	Michelle W		10:30 ▶	Dawn M		Angela S	
11 ▶	<b>Cardio Sculpt</b>		<b>Vinyasa</b>		11 ▶	<b>Sculpt</b>		<b>HIIT TRX (10:45)</b>	
11:30 ▶	Cathy P		Jodi C		11:30 ▶	Charlotte R		Sharon D	
12p ▶					12p ▶				
12:30 ▶	<b>Sculpt (11:45a)</b>				12:30 ▶				
1 ▶	Eileen B				1 ▶				
1:30 ▶					1:30 ▶				
2 ▶					2 ▶				
2:30 ▶					2:30 ▶				
3 ▶					3 ▶				
3:30 ▶					3:30 ▶				
4 ▶	<b>Sculpt</b>				4 ▶				
4:30 ▶	Erin F				4:30 ▶				
5 ▶	<b>BURN</b>		<b>VIPR</b>		5 ▶				
5:30 ▶	Merissa B		Chris H(2/3-2/24)		5:30 ▶				
6 ▶	<b>Zumba</b>	<b>Spin</b>	<b>Happy Hour</b>		6 ▶				
6:30 ▶	2x/month Call Desk!	Chris P	Angela S		6:30 ▶				
7 ▶			1.5 hr		7 ▶				
7:30 ▶					7:30 ▶				
8 ▶					8 ▶				
8:30 ▶					8:30 ▶				
9 ▶					9 ▶				
9:30 ▶					9:30 ▶				
10 ▶					10 ▶				

## Saturday

## Additional Information

5a ▶				
5:30 ▶				
6 ▶				
6:30 ▶				
7 ▶	<b>Rebounding- Cor</b>	<b>Spin Xpress - Carmella</b>		
7:30 ▶	<b>Ab Attack - Cor (7:45a)</b>		<b>3D Fit- Marianela</b>	
8 ▶				
8:30 ▶	<b>Cardio Sculpt</b>	<b>Spin</b>	<b>Jump &amp; Drill</b>	
9 ▶	Liz R	Mary K	Kelly (1/7-2/25)	
9:30 ▶	<b>Interval Training</b>	<b>Spin</b>		
10 ▶	Kelly W/ Bri S (1.25 Hr)	Sue D	<b>Funky Flow Yoga</b>	
10:30 ▶	<b>AeroFunk (10:15)</b>	April M	Dina V	<b>FitKids Training</b>
11 ▶	Cathy P		Dina V	(10-14yrs) Eileen J
11:30 ▶		<b>FitKids Spin</b>		<b>S3-TWEEN 9:45-10:30am</b>
12p ▶		(Height Req.) Eileen J		Marianela V (2/4-2/25)
12:30 ▶			<b>Essential Stretch</b>	
1 ▶			Cathy P	
1:30 ▶			(1.25 hrs)	
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 ▶				

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

**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 at the childcare provider's discretion.

	Morning Hours	Evening Hours
Mon & Wed	8:00-2:30p	3:30-8:00p
Tues & Thurs	8:00-2:30p	4:00-8:30p
Friday	8:00-2:30p	3:30-7:30p
Sat	8:00-1p	
Sun	8:00-12:30p	

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.

FitKids is an exercise and nutrition program for children from the ages of 9-14 years old. **FitKids Training** is a small group personal training program for children ages 11-14. See www.fitnessincentive.com/kidschd.htm for the Fitkids Schedule for more details. Questions? Email: eileen@fitnessincentive.com.

Classes and instructors are subject to change without advance notice. Check our website for the latest class, Spinning, Yoga, & FitKids' schedules: [www.fitnessincentive.com](http://www.fitnessincentive.com)