

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

Spring 2010

Effective Date: 7/5/2010

		All Levels	Beginner	Intermediate	Advanced	Limited Enrollment	Reserved	FitKids	
Home	Printable Version	Class Descriptions	Yoga Schedule	Spin EZ Schedule				FitKids Schedule	
Monday					Wednesday				
	Studio One	Spindrome	Yoga Studio	Other Rooms		Studio One	Spindrome	Yoga Studio	Other Rooms
5a ▶	Kickboxing (5:15) Liz R	Spin (5:10) Sharon			5a ▶		Spin (5:10) Sharon		
5:30 ▶					5:30 ▶				
6 ▶	Sculpt Liz R	Spin Sal T			6 ▶	BootCamp Victoria C	Spin Andy K		
6:30 ▶					6:30 ▶			Vinyasa Andrea P	Pilates Reformer Inquire at desk
7 ▶			Vinyasa Karen B		7 ▶	Sculpt Carol T			Pilates Reformer Inquire at desk
7:30 ▶					7:30 ▶	Cardiokick-Strength Kelly			
8 ▶	Sculpt Laurie G	Spin (8:15) Toni F			8 ▶	Interval Training Dana M (9:15)	Spin (8:15) Eileen J		
8:30 ▶			Hot Yoga Fusion (9:00-10:30)		8:30 ▶				
9 ▶	9:15-10:30 Upper Cut & For the Core- Cor	Spin Mary K		FitKids Tiny Tots (2-3 yrs) Eileen J	9 ▶		Spin Trek Toni F		FitKids (6-8 yrs) Eileen J
9:30 ▶					9:30 ▶	Sculpt Lisa B		Hatha Donna P	Pilates BootCamp Inquire at desk
10 ▶	Cardio Kickbox 10:30a Cathy P			Pilates BootCamp Inquire at desk	10 ▶				
10:30 ▶					10:30 ▶	Cardio Janet L			
11 ▶			Chair Yoga Teresa		11 ▶			Hot Fusion Yoga (12:00-1:30)	
11:30 ▶					11:30 ▶				
12p ▶					12p ▶	Triple S Cathy P			
12:30 ▶					12:30 ▶				
1 ▶	Sculpt Cathy P				1 ▶				
1:30 ▶					1:30 ▶				
2 ▶					2 ▶				
2:30 ▶					2:30 ▶				
3 ▶					3 ▶				
3:30 ▶					3:30 ▶				
4 ▶	Cardio Sculpt Carol T				4 ▶	Pump&Jump Erin F/ Toni C	Spin Monica S		Mat Pilates Teresa M
4:30 ▶	Cardio Chris E				4:30 ▶	Sculpt Nicole			Jump&Drill Kelly W
5 ▶	Elevated Training Kelly W	Spin Carmella	Vinyasa Jodi C	Pilates Reformer Inquire at desk	5 ▶	Pump&Jump Chris H	Spin Carmella		
5:30 ▶					5:30 ▶				
6 ▶	Cardio TNT - Kelly	Spin April M	Mat Pilates Nancy C		6 ▶	Stability Ball - Chris	Spin April M		Vinyasa Andrea P (1.5 hr)
6:30 ▶	Ab Attack - TJ (15 min)		Gentle Yoga Andrea P		6:30 ▶	Cardio Xpress - Chris			
7 ▶	Sculpt Chris C				7 ▶	Sculpt Chris C			
7:30 ▶					7:30 ▶				
8 ▶					8 ▶				
8:30 ▶					8:30 ▶				
9 ▶					9 ▶				
9:30 ▶					9:30 ▶				
10 ▶					10 ▶				
Tuesday					Thursday				
	RockBottom- (5:15)	Spin (5:10)				UpperCut	Spin (5:10)		
5a ▶	Liz	Elle H			5a ▶	Liz R	Elle H		
5:30 ▶					5:30 ▶				
6 ▶	Triple S Liz (45 min)	Spin Iris G	Pilates Xpress Dina (45 min)		6 ▶	Cardio Sculpt Carol A	Spin Iris G		Mat Pilates Dina
6:30 ▶		Spin Xpress - Carmella			6:30 ▶		Spin Xpress - Carmella		
7 ▶					7 ▶				
7:30 ▶					7:30 ▶				
8 ▶	Cardio Sculpt Eileen J		Jump&Drill Kelly W		8 ▶	Step&Sculpt Eileen J			
8:30 ▶		Spin (8:15) Laurie G			8:30 ▶		Spin (8:15) Mary K		
9 ▶	Step (9:15) Cathy P (1.25 Hr)	Spin Susan	Mat Pilates Dina	FitKids YOGA Eileen J	9 ▶	Ab Attack - TJ (15 min)	Spin Susan D	Mat Pilates Dina	FitKids Pre-K (4-5 yrs) Eileen J
9:30 ▶					9:30 ▶	Pump & Jump Cor (9:15)			
10 ▶	UpperCut - Chris		Kripalu Carol L		10 ▶	For the Core- Cor			
10:30 ▶	RockBottom-Chris				10:30 ▶	UpperCut - Janet			
11 ▶					11 ▶	RockBottom- Janet			
11:30 ▶					11:30 ▶			Kripalu Carol L	
12p ▶					12p ▶			Chair Yoga Teresea	
12:30 ▶					12:30 ▶				
1 ▶					1 ▶				
1:30 ▶					1:30 ▶				
2 ▶					2 ▶				
2:30 ▶					2:30 ▶				
3 ▶					3 ▶				
3:30 ▶					3:30 ▶				
4 ▶				Pilates Reformer Inquire at desk	4 ▶		Spin (4:15) Patty C		
4:30 ▶		Spin (4:15) Lucy N			4:30 ▶				
5 ▶	Sculpt Erin F				5 ▶	For the Core - Chris E			
5:30 ▶					5:30 ▶	UpperCut - Chris E			
6 ▶	Step Box Victoria C	Spin Chris P	Vinyasa Angela S.	Mixed Martial Arts Jim C	6 ▶	Cardio Kickbox Kelly	Spin Sal T		Hot Fusion Yoga (6:30-8:00)
6:30 ▶					6:30 ▶	Zumba Marianela	Spin Xpress - Sharon		
7 ▶	For the Core &				7 ▶				
7:30 ▶	UpperCut - Amy/Erin		Vinyasa Ron M		7:30 ▶				
8 ▶					8 ▶			Vinyasa Karen B	
8:30 ▶					8:30 ▶				
9 ▶					9 ▶				
9:30 ▶					9:30 ▶				
10 ▶					10 ▶				

FITNESS INCENTIVE

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

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

Spring 2010

Effective Date: 7/5/2010

All Levels	Beginner	Intermediate	Advanced	Limited Enrollment	Reserved	Fitkids
------------	----------	--------------	----------	--------------------	----------	---------

[Home](#) [Friday - Sunday](#) [Class Descriptions](#) [Yoga Schedule](#) [Spin EZ Schedule](#) [FitKids Schedule](#) [Printable Version](#)

Friday				Sunday					
5a ▶	Studio One	Spindrome	Yoga Studio	Other Rooms	5a ▶	Studio One	Spindrome	Yoga Studio	Other Rooms
5:30 ▶		Spin (5:10) Elle H			5:30 ▶				
6 ▶		Spin Andy K	Vinyasa Andrea		6 ▶				
6:30 ▶					6:30 ▶				
7 ▶					7 ▶				
7:30 ▶	Cardio TNT - Toni C				7:30 ▶	Cardio Sculpt Carol A			
8 ▶	Cardio Xpress -Lisa				8 ▶	UpperCut - Kelly		Vinyasa Angela S	
8:30 ▶	Stability Ball -Lisa	Spin (8:15) Carmella	Jump&Drill Kelly W		8:30 ▶	Cardio Kickbox Kelly W	Spin April M	Vinyasa 1.5 hr Angela S	
9 ▶	Xtreme Cardio (9:15) Marianella V	Spin Laurie G	Mat Pilates Michelle W	FitKids (9-11 yrs) Eileen J	9 ▶	20-20-20 Dana M	Spin Stacey M.		
9:30 ▶					9:30 ▶				
10 ▶	UpperCut -Laurie				10 ▶				
10:30 ▶	Rock Bottom -Laurie				10:30 ▶				
11 ▶					11 ▶				
11:30 ▶					11:30 ▶				
12p ▶	Sculpt (11:45) Eileen B				12p ▶				
12:30 ▶					12:30 ▶				
1 ▶					1 ▶				
1:30 ▶					1:30 ▶				
2 ▶					2 ▶				
2:30 ▶					2:30 ▶				
3 ▶					3 ▶				
3:30 ▶					3:30 ▶				
4 ▶	Sculpt Erin F				4 ▶				
4:30 ▶	Cardio TNT -Kelly	Spin Chris P	Mat Pilates Teresa M		4:30 ▶				
5 ▶					5 ▶				
5:30 ▶					5:30 ▶				
6 ▶					6 ▶				
6:30 ▶			Happy Hour Angela S 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 ▶	Rebounding - Cor		
7:30 ▶	Ab Attack - Cor (7:45a)		
8 ▶	Cardio Sculpt Liz R	Spin Mary/Sue	Zumba Marianela
8:30 ▶	Interval Training Dana M/ Kelly W (1.25 Hr)	Spin Mary/Sue	Vinyasa Cher M
9 ▶		Spin April M	FitKids Small Grp (11-14 yrs) Eileen J
9:30 ▶	AeroFunk (10:15) Cathy P		
10 ▶			
10:30 ▶			
11 ▶			
11:30 ▶			
12p ▶			
12:30 ▶			
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		
Hours of Operation		
Monday-Friday	From: 5:00a	To: 10:00p
Saturday & Sunday	From: 6:45a	To: 6:00p
Childcare		
<p>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.</p>		
Nursery Hours		
Mon & Wed	From: 8:00a	To: 8:00p
Tues & Thurs	From: 8:00a	To: 8:30p
Friday	From: 8:00a	To: 7:15p
Sat & Sun	From: 8:00a	To: 12:30p
Pilates Reformer Classes		
<p>Consult with the Front Desk or e-mail Dina@fitnessincentive.com for information regarding session start dates and durations. Pilates Boot Camp, private and semi private instruction is also available.</p>		
FitKids & FitKids Training		
<p>FitKids is an exercise and nutrition program for children from the ages of 2-14 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.</p>		
Schedule Change Policy		
<p>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</p>		