

# 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: 11/13/2018

All Levels Beginner Intermediate Advanced Limited Enrollment Reserved FitKids

## Monday

## Wednesday

	Studio One	Cycle	Yoga Studio	Other Rooms		Studio One	Cycle	Yoga Studio	Other Rooms
5a	<b>Circuit Burn</b> (5:15) Keryn	<b>Cycle</b> (5:15a) Sharon D			5a	<b>P90x/Insanity</b> (5:15) Missy D	<b>Cycle</b> (5:15a) Jillian J		
5:30					5:30				
6	<b>Sculpt</b> Liz R	<b>Cycle</b> Sal T	<b>Rise &amp; Shine Vinyasa</b> Andrea P		6		<b>Cycle</b> Theresa C		
6:30					6:30			<b>Rise &amp; Shine Vinyasa</b> Andrea P	
7		<b>Cycle - Erin F</b>	<b>Vinyasa</b> Karen B		7	<b>Essential Stretch</b> Dina V			
7:30					7:30				
8	<b>Pushin Plates</b> (8:00) Carol T				8	<b>Cardio Strngth</b> (30 min)		<b>Core Fusion</b> Dina V	
8:30		<b>Cycle</b> (8:15a) Jourdan B			8:30	<b>Booty Call - Danielle</b> 8:30-9a	<b>Cycle</b> (8:15a) Eileen J		
9	<b>Upper Cut &amp; Core- Cor</b> 9:15-10:30a	<b>Cycle</b> Angelica H	<b>Hot Fusion Yoga</b> Fran C		9	<b>Ab Attack - Danielle</b> (15m)		<b>Booty Barre</b> Liz V	
9:30					9:30	<b>Pushing Plates Carol</b> (9:15)	<b>Cycle</b> Jourdan B		
10	<b>Sculpt</b> 10:30a Cathy P		<b>Vinyasa</b> Jodi C (1030-1145a)		10	<b>Cathy's Stretch</b>		<b>Strength Flow</b> (1015-1115a) Donna P	
10:30					10:30	<b>Sculpt</b> Lisa B			
11	<b>Beginner Sculpt</b> (11:45a) Linda C				11			<b>Core Balance</b> Donna P	
11:30					11:30				
12p			<b>Chair Yoga</b> Teresa M		12p	<b>Dance Blast- Past</b> Linda C			
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>Strength Challenge</b> Danielle T		<b>HIIT TRX</b> (45 min) 4pm Erin F		4:30	<b>Cardio Strength</b> Bri H	<b>Cycle</b> (415p) Erin F	<b>Hot Yoga Express</b> Lauren L	
5			<b>Basic Beg Yoga</b> Karen B		5	<b>Sculpt</b> Erin F	<b>Cycle</b> (515p) Jamie P		
5:30				<b>530-615p Fitkids</b> Ages 8-13	5:30				<b>PowerX 5:30p</b> Kelly W
6	<b>Elevated Training</b> Kelly W	<b>Cycle</b> April M	<b>Warm Vinyasa</b> Donna D		6	<b>Pump&amp;Jump</b> Victoria C		<b>Uptown Barre</b> Dawn M	
6:30					6:30		<b>Cycle</b> Jillian J	<b>Hatha Yoga w/ Hips</b> Andrea P (1.5 hr- 715-845p)	
7	<b>Pound - Kelly/Amy S</b>	<b>Cycle</b> (715p) Mary K	<b>Booty Barre Xpress</b> Liz V (45min)		7	<b>Shakin It</b> Dawn M			
7:30					7:30	<b>Sculpt</b> Chris C			
8	<b>Sculpt</b> Chris C		<b>Gentle Yoga</b> Andrea P		8				
8:30					8:30				
9					9				
9:30					9:30				
10					10				

## Tuesday

## Thursday

	Studio One	Cycle	Yoga Studio	Other Rooms		Studio One	Cycle	Yoga Studio	Other Rooms
5a	<b>BootCamp</b> (5:15a) Jillian J (45 min)	<b>Cycle</b> (5:15a) Sharon D			5a	<b>Strength Challenge</b> Cor B	<b>Cycle</b> (5:15a) Sharon D	<b>TRX</b> (5:15am) Erin F	
5:30					5:30				
6	<b>Ab Attack - Cor</b> (6-615a)	<b>Cycle</b> Iris G	<b>Mat Pilates</b> Dina V		6	<b>Ab Attack- Cor</b> (6-615)	<b>Cycle</b> Iris G	<b>Mat Pilates</b> Dina V	
6:30	<b>Rebounding- Cor</b> (30m)				6:30	<b>Es. Stretch Cor</b> (615-630)	<b>Cycle - Carmella</b>		
7	<b>Es Stretch - Cor</b> (645-730a)	<b>Cycle- Carmella</b>			7			<b>Strength &amp; Balance</b> Linda C	
7:30	<b>Ab Attack - Jillian</b> (15m)				7:30	<b>Ab Attack- Jillian</b>			
8	<b>Sculpt</b> Eileen J		<b>Basic Beg Yoga</b> Karen B (45min)		8	<b>Cardio Strength</b> Janet L	<b>Cycle</b> Jillian J		
8:30		<b>Cycle</b> (8:15a) Laurie K			8:30	<b>TBD</b> Jourdan B	<b>Cycle</b> Carol T	<b>Mat Pilates</b> Dina V	<b>Vipr</b> (9a) Eileen J
9	<b>Pump Jump</b> Erin F (9:15a) (1.25 Hr)	<b>Cycle</b> Jamie B	<b>Mat Pilates</b> Dina V		9	<b>Abs and Stretch- Cor</b>	<b>Cycle</b> Angelica H		
9:30					9:30	<b>Sculpt</b> Janet L			
10	<b>Strength Challenge</b> Jourdan B		<b>Vinyasa Yoga</b> Carol L		10	<b>Beginner Sculpt</b> (11:45a) Eilleen B	<b>Vinyasa Yoga</b> Karen B		
10:30			<b>YinYang Yoga</b> Adrienne L		10:30		<b>Chair Yoga</b> Andrea P		
11					11				
11:30					11:30				
12p					12p				
12:30					12:30				
1			<b>Chair Yoga</b> Andrea P		1				
1:30					1:30				
2					2				
2:30					2:30				
3					3				
3:30					3:30				
4					4				
4:30	<b>Zumba</b> Jenn F	<b>Cycle</b> (415p) Eileen J	<b>Mat Pilates</b> Linda C		4:30	<b>Sculpt</b> Jenn F	<b>Cycle</b> Eileen J (415pm)	<b>Element Yoga</b> Andrea P	<b>4-445p Fitkids</b> Ages 8-13
5	<b>Sculpt</b> Erin F				5	<b>Booty Call</b> Danielle T (5-545p)			
5:30					5:30	<b>Cardiokick-Strength</b>	<b>Cycle</b> Dawn M		
6	<b>Street Beat</b> Christina T	<b>Cycle</b> Jillian J	<b>Strength Flow</b> Monica S	<b>Fitness Box</b> 6pm Kristin	6			<b>Hot Fusion Yoga</b> (6:30-8:00) Karen B	
6:30					6:30	<b>Ab Attack- Dan/Erik</b>			
7	<b>Tabata</b> Jillian J		<b>Muscles &amp; Mantra</b> Monica S		7			<b>Vinyasa 2</b> Karen B	
7:30			<b>Eclectic Vinyasa</b> Ron M	<b>Fit Force</b> 7pm Sue/Danielle	7:30				
8					8				
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: 11/13/2018

All Levels Beginner Intermediate Advanced Limited Enrollment Reserved Fitkids

Friday				Sunday					
5a	Studio One	Cycle	Yoga Studio	Other Rooms	5a	Studio One	Cycle	Yoga Studio	Other Rooms
5:30	Pushin Plates (5:15a) Keryn	Cycle (5:15a) Janet L			5:30				
6					6				
6:30	Power Cardio Jamie p (6-645a)	Cycle Sal T	Rise & Shine Vinyasa		6:30				
7		Cycle- Monica S	Andrea P		7				
7:30					7:30	Strength Challenge Carol T			
8					8				
8:30	Dance Blast- Past Linda C	Cycle (8:15)	Hot Yoga Express Alissa		8:30	UpperCut - Kelly	Cycle Sal T	Vinyasa Neelima P	
9	Cardiokick-Strength Jourdan B (915-1015)	Carmella M			9	Cardio/Kick/Drill Kelly W	Cycle Monica S	1.5 hr	
9:30		Eileen J	Mat Pilates Linda C		9:30	Street Beats Christina T		Vinyasa Neelima P	
10					10				
10:30	Sculpt Cathy P		Strength Flow Donna P		10:30				
11					11	Sculpt Diana M	Cycle Chrstina T	Power Vinyasa Monica S (10:45a)	
11:30	Beginner Sculpt (11:45a) Linda C				11:30	Zumba Victoria C			
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	Sculpt Erin F				4:30				
5					5				
5:30	Street Beat Christina T				5:30				
6					6				
6:30	Strong Beats		Happy Hour Christina D		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	Cycle - Camella	
7:30	Ab Attack - Cor		3D Fit- Mariana
8			
8:30	Strength Challenge Liz R	Cycle Teresa C	Jump & Drill Kelly W
9			8am Fitkids Ages 8-13
9:30	Interval Training Kelly W/ Bri S (1.25 Hr)	Cycle Dawn M (915a)	Fit Force 10am Sue/Danielle
10		Cycle Devon S (1015a)	
10:30	Shakin It (10:15) Dawn M		Core Fusion Dina V
11			Essential Stretch Cathy P (1.25 hrs)
11:30			
12p			
12:30			
1			
1:30			
2			
2:30			
3			
3:30			
4			
4:30			
5			
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6:30			
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7:30			
8			
8:30			
9			
9:30			
10			

Additional Information		
Hours of Operation		
	From:	To:
Monday-Friday	5:00a	10:00p
Saturday	6:00a	6:00p
Sunday	6:00a	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 at the childcare provider's discretion.		
Nursery Hours		
	Morning Hours	Evening Hours
Mon- Thu	8:00-2:30p	3:30-8:00p
Fri	8:00-2:30p	3:30-7:30p
Sat & Sun	8:00-12:30p	
Eat Smart Nutrition Program		
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.		
FITeens and Training		
FITeens is an exercise and nutrition program for children from the ages of 9-14 years old. Training is a small group personal training program for children ages 11-14. Questions? Email: eileen@fitnessincentive.com.		
Schedule Change Policy		
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>		