

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: 9/17/2017

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	Circuit Burn (5:15) Michelle P	Cycle (5:15a) Sharon D			5a	P90x/Insanity (5:15) Missy D	Cycle (5:15a) Jillian J		
6	Sculpt Liz R	Cycle Sal T	Rise & Shine Vinyasa Andrea P		6		Cycle Liz L	Rise & Shine Vinyasa Andrea P	
6:30		Cycle - Erin F	Vinyasa Karen B		6:30	Essential Stretch Dina V			
7					7	Dance Blast (30 min)		Core Fusion Dina V	
7:30	Pushin Plates (8:15) Carol T	Cycle (8:15a) Jourdan B			7:30	Booty Call - Danielle 830-9a	Cycle (8:15a) Eileen J		
8					8	Ab Attack - Danielle (15m)			
8:30	Upper Cut & Core - Cor 9:15-10:30a	Cycle Jamie P	Hot Fusion Yoga Fran C		8:30	Push' Plates Carol (9:15)	Cycle Jourdan B		
9					9	Cathy's Stretch		Strength Flow (1015-1115a) Donna P	
9:30	Sculpt 10:30a Cathy P		Vinyasa Jodi C (1030-1145a)		9:30	Sculpt Lisa B			
10					10			Core Balance Donna P	Flyoga Dina V ...March
10:30	Beginner Sculpt (11:45a) Linda C				10:30				
11			Chair Yoga Teresa M		11	Dance Blast- Past Linda C			
11:30					11:30				
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				4-445p Fitkids Ages 8-13
4:30	Strength Challenge Danielle T		HIIT TRX (45 min) 4pm Erin F		4:30	Kickbox Strength Bri H (415-5p)	Cycle (415p) Erin F	Hot Yoga Express Gina M	
5			Basic Beg Yoga Karen B		5	Sculpt Erin F	Cycle (515p) Angelica H	BUTI Express Alissa (515-6p)	PowerX 5:30p Kelly W
5:30					5:30	Pump&Jump Victoria C		Uptown Barre Dawn M	
6	Elevated Training Kelly W	Cycle April M	Warm Vinyasa Donna D		6	Shakin It Dawn M	Cycle Sara	Hatha Yoga w/ Hips Andrea P	
6:30					6:30	Sculpt Chris C		(1.5 hr- 715-845p)	
6:30	Pound - Kelly/Amy S	Cycle (715p)	Mat Pilates Fran C		7				
7					7				
7:30	Sculpt Chris C		Gentle Yoga Andrea P		7:30				
8					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	BootCamp (5:15a) Jillian J (45 min)	Cycle (5:15a) Sharon D			5a	Strength Challenge Cor B	Cycle (5:15a) Sharon D	TRX (5:15am) Erin F	
6	Ab Attack - Cor (6-615a)	Cycle	Mat Pilates Dina V		6	Ab Attack- Cor (6-615)	Cycle Iris G	Mat Pilates Dina V	
6:30	Cardio Strength - Cor (30m)				6:30	Es. Stretch Cor (615-630)	Cycle - Carmella		
7	Es Stretch - Cor (645-730a)	Cycle - Carmella			7	Ab Attack- Jillian		Strength & Balance Linda C	
7:30	Ab Attack - Jillian (15m)				7:30	Cardio Strength Janet L	Cycle Jillian J	Power Barre Kelly P (830-915am)	
8	Sculpt Eileen J	Cycle (8:15a) Laurie K	Basic Beg Yoga Karen B (45min)		8	Ab Attack - Amy (15m)	Cycle Carol T		
8:30	Cardio Strength Erin F (9:15a) (1.25 Hr)	Cycle Jamie B	Mat Pilates Dina V		8:30	Pump & Jump Jour 9:15-10a			Vipr (9a) Eileen J
9					9	Abs and Stretch - Cor		Mat Pilates Dina V(945a)	
9:30	Strength Challenge Jourdan B		Vinyasa Yoga Carol L		9:30	Sculpt Janet L			
10					10	Beginner Sculpt (11:45a) Eileen B		Vinyasa Yoga Karen B	
11					11			Chair Yoga Andrea P	
11:30					11:30				
12p					12p				
12:30					12:30				
1			Chair Yoga Andrea P		1				
1:30					1:30				
2					2				
2:30					2:30				
3					3				
3:30					3:30				
4					4				
4:30	20-20-20 Erin F	Cycle (415p) Eileen J	Mat Pilates Linda C		4:30	Strength Challenge Jourdan B (4-445p)		Element Yoga Andrea P	4-445p Fitkids Ages 8-13
5					5	Booty Call Danielle T (5-545p)		Vinyasa Adrienne L (515pm)	
5:30	Sculpt Erin F		Vipr 515-545pm Danielle		5:30	Cardiokick-Strength Victoria C	Cycle Jillian J	Hot Fusion Yoga (6:30-8:00) Karen B	7pm Clinic 8-13yr Speed & Agility
6	Street Beat Christina T	Cycle Sara S	Strength Flow Monica S	Fitness Box 6pm Kristin	6	Push Plate - Dan/Erik	Cycle 30min/ Laurie		
6:30					6:30				
6:30	Tabata Jillian J		Muscles & Mantra Monica S	615pm Clinic 8-13yr Speed & Agility	6:30			Vinyasa 2 Karen B	
7					7				
7:30			Eclectic Vinyasa Ron M	Fit Force 7pm Sue/Danielle	7:30				
8					8				
8:30					8:30				
9					9				
9:30					9:30				
10					10				

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

Effective Date: 9/17/2017

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 ▶	Pushin Plates (5:15a) Michelle P	Cycle (5:15a) Janet L			5:30 ▶				
6 ▶	Power Cardio Missy D (6-645a)	Cycle Sal T	Rise & Shine Vinyasa Andrea P		6 ▶				
6:30 ▶		Cycle- Liz L			6:30 ▶				
7 ▶					7 ▶	Strength Challenge Carol T			
7:30 ▶					7:30 ▶				
8 ▶	Dance Blast- Past Linda C		Hot Yoga Express Alissa		8 ▶	UpperCut - Kelly	Cycle	Vinyasa Neelima P	
8:30 ▶		Cycle (8:15) Carmella M			8:30 ▶	Cardio/Kick/Drill Kelly W	Cycle Monica S	Vinyasa Neelima P	
9 ▶	Cardiokick-Strength Jourdan B (915-1015)		Mat Pilates Linda C		9 ▶				930am Fitkids Ages 8-13
9:30 ▶		Cycle Eileen J			9:30 ▶	Shakin It Dawn M			
10 ▶					10 ▶				
10:30 ▶	Sculpt Cathy P		Strength Flow Donna P	Bridge Basic - (1045)	10:30 ▶	Sculpt Diana M	Cycle Dawn M		
11 ▶					11 ▶			Power Vinyasa Monica S	
11:30 ▶	Beginner Sculpt (11:45a) Linda C				11:30 ▶				
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			4-445p Fitkids Ages 8-13	4:30 ▶				
5 ▶	Street Beat Christina T				5 ▶				
5:30 ▶					5:30 ▶				
6 ▶					6 ▶				
6:30 ▶			Happy Hour 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 ▶	Rebounding-Michele	Cycle - Carmella	
7:30 ▶	Ab Attack - Cor		3D Fit- Mariana
8 ▶	Strength Challenge Liz R	Cycle Carol T	Jump & Drill Kelly W
8:30 ▶			8am Fitkids Ages 8-13
9 ▶	Interval Training Kelly W/ Bri S (1.25 Hr)	Cycle Chris T	Fit Force 10am Sue/Danielle
9:30 ▶		Cycle Devon S	
10 ▶	Zumba (10:15) Victoria C		Core Fusion Dina V
10:30 ▶			Essential Stretch Cathy P (1.25 hrs)
11 ▶			
11:30 ▶			
12p ▶			
12:30 ▶			
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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.		
FitTeens 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: www.fitnessincentive.com		