

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:30-6:15am TOTAL BODY BADASS Jen		5:30-6:15am TOTAL BODY BADASS Jen		7:45-8:30am SPIN Dawn	8-9am YOGA Deborah
8:30-9:15am CORE BURNOUT CJ	8:15-9:15am YOGA Ed	8:30-9:15am CORE BURNOUT CJ	8:15-9:15am YOGA Deborah	8-9am PILATES Lloyd	8:45-9:45am ZUMBA Val	9:15-10am SPIN Alana
9:30-9:55am UNFOLD: STRETCH LAB Esther	9:30-10:25am ZUMBA Val	9:30-10:15am CARDIO KICK COMBO Patti	9:30-10:25am ZUMBA Esther	9:30-10:15am CARDIO KICK COMBO Patti	10-10:55am TOTAL BODY BADASS Jen	9:15-10am INSANITY Deannamarie
10-10:55am ZUMBA GOLD Esther	9:30-10:15am SPIN Patti	10:20-11am POWER PUMP Patti	9:30-10:15am SPIN Patti	10:20-11am POWER PUMP Patti	11-11:55am YOGA Nick	10:15-11am POWER PUMP Deannamarie
	10:30-11am XPRESS SCULPT Val		10:30-11am XPRESS SCULPT Patti	<p align="center">**IMPORTANT** Class registration required! Log in to your Club Life account to view and join classes and get real-time notifications of any schedule changes, closings, cancellations, and all other club news!</p> <p align="center">HOURS OF OPERATION Monday - Thursday: 4:30 AM - 11:00 PM Friday: 4:30 AM - 10:00 PM Saturday & Sunday: 6:00 AM - 8:00 PM (516) 771 - 1717</p>		
5-5:45pm BOTTOM'S UP Val	5-5:45pm HEAD to TONE Lloyd	5-5:55pm INSANITY Deannamarie	5:30-6:25pm HIIT POWERSCULPT Deannamarie			
6-7pm ZUMBA Val	5:50-6:45pm PILATES Lloyd	6-6:55pm BOOTY BARRE Lloyd	6:30-7:30pm ZUMBA Yesenia			
7:15-8:15pm YOGA Kenny	7-7:45pm THE RYDE Phil	7-7:55pm YOGA Lloyd				

EFFECTIVE 6/03/26

*Class schedule is subject to change without notice. Last-minute changes will be posted in the notification section of the Club Life app

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