



great neck

group exercise  
 holiday schedule  
 passover/easter 2010

monday 3.29	friday 4.02	saturday 4.03	sunday 4.04
group exercise studio			
6:30am spinning*	6:30am spinning*	7:30am bodywedge21®	8:00am pilates-based mat
8:30am hatha yoga	8:30am bodywedge21®	8:30am spinning*	8:00am spinning*
9:30am spinning*	9:30am spinning*	8:30am hi-low retro	9:00am step
9:30am cardio kicboxing	9:30am multi-groove	9:30am spinning*	10:00 bodywedge21®
10:30am total body conditioning	10:30am pilates fusion	9:30am zumba®	
11:30am forever fit (30 mins)	12:30pm tai chi (30 mins)	10:30am total body conditioning	
1:00pm total body conditioning	1:00pm total body conditioning	11:30am hatha yoga	
4:30pm club strength			