

**BOOM**

# Group Fitness Schedule

Effective: May 2010

4 PARK AVENUE (212) 545-9590

## CLUB HOURS

Monday - Friday 5:30am - 11pm

Saturday - Sunday 8am - 7pm

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

## Group Fitness Studio 1 and 2

		6:45 am <b>**Spinning</b> Jessica	7:45 am Boom Core Circuit TBA	6:45 am <b>**Spinning</b> Cliff	9:00 am Rebounding Joan C	9:00 am Yoga Joan M
12:30 pm Tai Chi Paul Studio 2	12:30 pm Physical Edu Edu	12:15 pm (45 mins) <b>**Spinning</b> Cliff	12:30 pm Physical Edu Edu	12:15 pm Hatha Yoga April Studio 2	10:15 am 45 min <b>X-Press</b> TBC Conditioning Daniel	10:00 am Pilates Marissa
12:15 pm Kickboxing Daniel	6:00 pm 30 mins <b>Glutes X-Press</b> Xander	1:00 pm (45 mins) <b>**Spinning</b> Cliff	12:30 pm Power Pilates Jen Studio 2		11:00 am 45 min <b>X-Press</b> Second impact Daniel	11:00 am Boom Core Circuit Karen
5:30 pm Boom Core Circuit Vanita	6:30 pm 30 mins <b>Ab X-Press</b> Xander	5:30 pm Power Flow Yoga Robert Studio 2				
7:00 pm Ripped Tomas	7:00 pm Pilates Kerry Studio 2	5:30 pm 30 mins <b>Ab X-Press</b> Vanita	6:00 pm TBC Conditioning Daniel	6:30 pm 30 mins <b>Ab X-Press</b> Keoni		4:30 pm Boot Camp Xander
7:00 pm Hatha Yoga David Studio 2	7:00 pm <b>**Spinning</b> Stephanie	6:00 pm 30 mins <b>Cardio X-Press</b> Vanita	7:30 pm Vinyasa Yoga Lisa Studio 2	7:00 pm 30 mins <b>Glutes X-Press</b> Keoni		
		6:30 pm 30 mins <b>Sculpting X-Press</b> Vanita				
		7:00 pm 30 mins <b>Hip-Hop</b> Michelle				
		7:30 pm 30 mins <b>Zumba</b> Michelle				

Changes to schedule indicated in red

\*\*Sign-up required (Available at front desk 1 hour prior to start of class)

For your safety no one will be permitted to attend a class after 10 minutes of start.

Classes and instructors are subject to last minute changes.

## Promotions

Bring in a friend for a free workout.

Inquire with one of our helpful

membership consultants.