



CLASS SCHEDULE

MONDAY

6:30am Boot Camp w/ Lou
8:30am Cardio Blast w/ Carol Ann
9:30am Beginner Yoga w/ Karen
10:30am BARRE Fusion w/ Karen
4:30pm Cardio Sculpt w/ Nichol
5:30pm Zumba w/ Carol Ann
5:30pm Boot Camp w/ Nichol

TUESDAY

8:15am Cardio Blast w/ Steph
9:30am Boot Camp w/ Nick
9:30am Zumba w/ Carol Ann
11:00am Silver Sneakers w/Karen
5:00pm Zumba Plus w/ Carol Ann
5:30pm Boot Camp w/ Nick

WEDNESDAY

6:30am Boot Camp w/ Lou
8:00am Power Yoga w/ Steph
8:30am Tai Chi/Yoga Fusion w/ Karen
9:30am Total Body Sculpt w/ Karen
9:30am Zumba w/ Carol Ann
10:45am Silver Sneakers w/ Karen (Invite)
4:30pm Zumba w/ Nichol
5:30pm Boot Camp w/ Nichol

THURSDAY

8:30am Cardio Blast w/ Carol Ann
9:30am Boot Camp w/ Nick
11:00am Chair Yoga w/ Karen
5:00pm Pilates Fusion w/ Micki
5:30pm Boot Camp w/ Nick

FRIDAY

6:30am Boot Camp w/ Lou
8:30am Barre "Tone & Define" w/ Carol Ann
9:30am Zumba w/ Carol Ann
9:30am Total Body Sculpt w/ Karen
11:00am Silver Sneakers w/ Karen

SATURDAY

8:00am Spin (\$5 members / \$10 non)
8:30am Cardio Sculpt w/ Carol Ann or Nichol
9:30am Zumba w/ Carol Ann or Nichol
10:30am BARRE Fusion w/ Karen

All Classes are 50 minutes unless otherwise noted.

Classes are subject to change without notice.

Membership includes all classes except SPIN.

Miracles Fitness

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