



Meadows Spa Fitness for Women

Fall Schedule 2011

718.740.5100

Hours : Monday – Thursday 6am – 10pm Friday 6am – 9pm Saturday 7am – 6pm Sunday 7 am –

MONDAY

8:30 am Super Sculpt- Lisa
 9:30 am Rumba - Lisa
 10:30 am Basic Training - Miriam
 4:30 pm Step/Sculpt Express - Denise
 6:00 pm Super Sculpt - Miriam
 7:00 pm ZUMBA/Kickboxing - Miriam
 8:00 pm Yoga - Tamar

FRIDAY

8:30 am *Spinning - Laura
 9:00 am Super Sculpt - Denise
 10:00 am Cardio X Training - Denise
 10:45 am Basic Training - Denise
 4:15 pm Sculpt Cardio Express - Miriam

TUESDAY

8:30 am Aero/Step Express-Leanne
 9:30 am Super Sculpt - Leanne
 10:30 am Yoga - Edith
 4:30 pm Sculpt Abs/Stretch -Tamy
 5:30 pm Pilates - Eti
 6:30 pm ZUMBA - Samantha
 7:00 pm *Spinning - Laura

SATURDAY

7:30 am *Spinning - Lisanne/Celia
 8:30 am Step - Andrea
 9:30 am Super Sculpt - Andrea
 10:30 am ZUMBA/Aerobics Miriam/Lisa
 11:30 am Yoga - Valerie

WEDNESDAY

7:30 am Yoga - Sharon
 8:30 am Awesome Abs - Miriam
 9:00 am Super Sculpt - Miriam
 10:00 am ZUMBA - Miriam
 11:00 am Pilates - Cynthia
 4:00 pm Yoga - Nechama
 5:00 pm Fit Ball Sculpt/Abs - Denise
 6:00 pm Cardio/Abs - Denise
 6:30 pm *Spinning - Ivy
 7:00 pm Cardio Kick/Abs -
 8:00 pm Yoga – Tamar

SUNDAY

7:30 am Yoga - Valerie
 8:30 am Step - Tamy
 9:30 am *Spinning -
 9:30 am Caribbean African Latin Workout - Tamar
 10:30 am Pilates - Tamar

THURSDAY

9:00 am Boot Camp - Leanne
 10:15 am Yoga - Nechama
 4:30 pm ZUMBA - Liz
 5:45 pm Step/Abs - Andrea
 6:45 pm Super Sculpt/Abs - Andrea

*See Front Desk for Reserving Spin Bikes

- Classes & Instructors are subject to change
- Classes run approx.. 50 minutes

Do Your Best ! Every Little Bit Counts !

