

POWERHOUSE FAMILY GYM FITNESS

275 Route 25A Miller Place, NY 11764

Group Exercise Class Schedule

Visit our website: www.powerhousegymillerplace.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM		Body Blast Sara		Body Blast Erin		7:30* Energy Emma	
8:00 AM	Total Body Sculpt Connie Rae	Hatha Yoga Sue	Total Body Sculpt Connie Rae	Hatha Yoga Sue	Pump it Up Liza	8:30 Zumba Angelique	7:45 Hatha Yoga Sue
9:30 AM	Body Combat Dawn	Energy Emma	Body Combat Dawn	Velocity Dawn	Energy Emma	9:30 Body Combat Erin	9:00 Pump it Up Liza
10:30 AM	Vinyasa Yoga Jill	Zumba Linda		Zumba Linda		10:30 Vinyasa Yoga Jill	10:00 Body Combat Dawn
11:30 AM	Silver Sneakers Shelly	Silver Sneakers Tony	Silver Sneakers Shelly	Silver Sneakers Tony	Silver Sneakers Shelly		
4:30 PM	Total Body Sculpt Connie Rae	Barre* Kim	Zumba Burn Samantha	Barre* Kim			
5:30 PM	Body Combat Erin	Zumba/Tone Renee	Pilates Kim	Body Combat Erin			
6:30 PM		Yoga Sheila	Body Combat Dawn	Zumba Angelique			
7:30 PM							

SEPT 2017
 NEW SCHEDULE STARTS: 9/25/2017

*must reserve spot for Barre and SPIN®, registration opens 24 hours prior to classes

Spin® Studio *

CLUB HOURS:

MONDAY - THURSDAY 4:30 am -10:00 pm
 FRIDAY 4:30 am - 9:00 pm
 SATURDAY 6:30 am - 7:00 pm
 SUNDAY 7:00 am - 4:00 pm

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Spin Liza		Spin Renee		Spin Renee		
8:30 AM						Spin Renee	
9:30 AM	Spin Liza	Spin Donna	Spin Donna	Spin Donna	Spin Liza		
10:00AM							Spin Liza
5:30 PM		Spin Allison	4:30 Spin Michelle	Spin Liza			
6:30 PM	Spin Erin						

KIDZ CLUB

Monday - Friday
9:00 am - 12:00 pm

Monday - Thursday
4:30 pm - 7:30 pm

Saturday
7:45 am - 12:00 pm

X-treme Studio classes are \$10/class.

You must prepay to reserve a spot. Spots can be reserved up to 1 week prior. **12 hour cancellation policy in effect** for these limited numbered spots. *Please take Level 1 if you are a beginner to TRX.* The TRX (Level 2-3) is an extremely advanced class. (Not for beginners) **45 min class**

X-treme Studio*

X-Treme Studio	WEDNESDAY	FRIDAY
10:30	TRX (Level 2-3) Emma	TRX (Level 1) Emma

631.928.4200