

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
6:00 AM		Sweat Party Missy		Sweat Party Missy		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	Body Blast Missy	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	Total Body Sculpt Connie Rae	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		Barre* Kim			
5:30 PM	Body Combat Erin	Boot Camp Kim	Pilates Kim	Body Combat Erin			
6:30 PM		Yoga Sheila	Body Combat Dawn	Zumba Angelique			
7:30 PM							

June 2017

SCHEDULE as of: 6/25/2017

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

Must Reserve Spot for Barre—Pre-registration opens 24 hours prior to each class

Spin® Studio *

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	Spin Missy		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 Liza			
6:30 PM	Spin Renee						

*must reserve spot for spin classes

631.928.4200