

# POWERHOUSE FAMILY GYM FITNESS

275 Route 25A Miller Place, NY 11764

## Group Exercise Class Schedule

Visit our website: [www.powerhousegymillerplace.com](http://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 Liza	Hatha Yoga Sue	Total Body Sculpt Jen D.	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 Michele B	Barre* Kim		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							

NEW SCHEDULE STARTS: 12/11/2017

# Dec 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

### 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 Jill S.		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	Spin Michele B.	Spin Liza			
6:30 PM	Spin Erin						

**TRX Now Included In Diamond Memberships.** Spots can be reserved 24 hours in advance. *Please take Level 1 if you are a beginner to TRX.* The TRX (Level 2-3) is an extremely advanced class. (Not for beginners)

### X-treme Studio

X-Treme Studio	WEDNESDAY	FRIDAY
10:30—11:15	TRX (Level 2-3) Emma	TRX (Level 1) Emma
4:30—5:15	TRX (Level 1)	

631.928.4200