



ZOO Health Club-Bridgewater

updated:03/04/2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	8:15 am 30 Minute TOTAL BODY Jill		8:15 am 30 Minute Tabata Jill		8:00 am Interval Bootcamp Joe	
9:00 am Bootcamp Joe	9:00 am Zumba Millie	9:00 am HIIT Intervals Joe	9:00 am Barre Sandy	9:00 am Core Cardio Sandy	9:00 am Step Sandy *Sign up Required	9:00 am Yoga Christina
10:00 am PIYO Barre Pamela	10:00 am Strength & Conditioning Sandy	10:15 am Yoga Pamela	10:15 am Cardio Dance Grooves Pamela	10:15 am Yoga Mariah	10:00 am Cardio Kickboxing Cris	10:30 am HIIT Dawn Marie
5:30 pm Boot Belly Blast Linny	5:30 pm HIIT Joe	5:30 pm Pure Strength Linny	5:30 pm Zumba Jose			
6:30 pm Cardio Kickboxing Cris	6:30 pm Power Step Pamela	6:30 pm Ropes/Legs/Abs Cris	6:30 pm SPIN Gabi			
7:30 pm Yoga Mariah		7:30 pm Power Yoga Terry		*Classes and Instructor are subject to change. *Please bring your yoga mat to class.		