

# ADULT FITNESS CLASS SCHEDULE

MON	TUES	WED	THURS	FRI
7 - 8 A M	1 on 1 Training Available, Call or email to sign up!	7 - 8 A M	1 on 1 Training Available, Call or email to sign up!	7 - 8 A M
8 - 9 A M		8 - 9 A M		8 - 9 A M
1 2 - 1 P M		1 2 - 1 P M		1 2 - 1 P M

*All Adult Fitness Classes will be LIMITED to 4 people per class! For 1 on 1 training call/text JJ (516)-554-3851 or email him to sign up!*