

Sunrise Health and Racquet Club

Ellen Altmann RN- Group Fitness Director

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This schedule is effective from
June 19, 2006-September 5, 2006
(516) 795-5000

Monday Club Hours 530A-1100P	Tuesday Club Hours 530A-1100P	Wednesday Club Hours 530A-1100P	Thursday Club Hours 530A-1100P	Friday Club Hours 530A-1000P	Saturday Club Hours 7A-7P	Sunday Club Hours 7A-7P
8:30-9:20 Power cycle Ellen <u>New Class!!</u>	8:30-9:20am PILATES Cathy	8:30-9:20am ON THE BALL Bev <u>New Class!!</u>	8:30-9:20 Group Lifting Ellen	8:30-9:20am PILATES Cathy	8:00-9:15 AM PILATES CHALLENGE Cathy	8:00-8:50AM POWER CYCLE Mike
9:30-10:20 AM Step Interval + abs Fran	9:30-10:20AM Cardio Challenge Dawnette	9:30-10:20am Beginner cycle Bev <u>New Class!!</u>	9:30-10:20 AM POWER CYCLE Ellen <u>New day!!!</u>	9:30-10:20 Got Phunk? Ty	9:30-10:20 AM Cardio Kickboxing Gina/Beth New class!!!	9am-9:50am Group Lifting Eileen/Don New Class!!
11-11:50am Silver Sneakers Gina	11:15-12:15 Tai chi Joe	9:30-10:20am H.E.A.T Mary <u>New day!!!</u>	11:15-12:15 Tai Chi Joe	10:30-11:20 Silver Sneakers Gina	10:30-11am Core Training Gina/Beth	
5:30-6:20 K.A.T. Dawnette <u>Kids only!!</u>	<u>Kids Racquetball</u> <u>See Lorraine!!!</u>	10:30-11:20 YOGA FIT Bev			11:15AM- 12:05pm Silver Sneakers Gina	
6:30-7:20 Group Lifting Beth <u>New class!!</u>	6pm-7pm Yoga Fit Carrie	11:30-12:20 Silver Sneakers Bev				
7:30-8:20pm YOGA FIT Elisa <u>New time!!!</u>	7PM-7:50 PM H.E.A.T. TY	5:30- 6:20 Kids Kombat Eileen <u>Kids only</u>	6:00-7:00pm PILATES Cathy			
7:30-8:20 Power cycle Beth/Ellen/ Gina <u>New class!!</u>	8-8:30PM Core Training TY	7-7:50pm Group Lifting TY/Don	7:00-7:50pm Got Phunk? Ty	We care about your safety ITS OUR #1priority Nursery Hours: 8:00am-12:00pm Monday-Sunday 5:30pm-9:30pm Monday-Thursday		
	8:00-8:50pm POWER CYCLE Gina					