



group exercise schedule

Effective June 28 – Aug 6th 2010

MON	TUE	WED	THU	FRI	SAT	SUN
5:45- 6:30AM Ethos Power (1) Grace	5:45 – 6:30AM EthoSpin (2) Christine	5:45- 6:30AM Ethos Power Cindy (1)	5:45 – 6:30AM PowerCamp (1) Alissa	5:45 – 6:30AM EthoSpin (2) Julie	7:30 – 8:30AM EthoSpin + (2) Mimi	8:00 – 8:45AM EthoSpin (2) Julie
6:30 – 6:45 Waist Mgt (1) Grace		6:30– 6:45 Waist Mgt (1) Cindy			8:00 – 8:45 Cardio Kick (1) Artie	9:00 – 10:00 Vinyasa Yoga Vicki (2)
9:15- 10:00 Ethos Power (1) Kristin	9:15 – 10:15 Hatha Yoga II Cassie (2)	8:30 – 9:10 Balance & Tone Ellen (1)	9:15– 10:15 EthoSpin + (2) Laurie	9:15 – 10:10 Give Me Strength (1) Ellen	8:45 – 8:55 Waist Mgt (1) Artie	9:00 -9:45 Ethos Power (1) Staff Rotation
9:15- 10:00 EthoSpin (2) Laurie	9:15 – 10:10 Give Me Strength (1) Grace	9:15 – 10:00 Pilates Mat (2) Suzanne	9:15 – 10:00 Ethos Power (1) Julie	9:15 – 10:15 Pilates Mat (2) Kristen	9:00 – 9:50 Power Camp (1) Grace	9:45 – 10:00 Waist Mgt (1) Staff Rotation
10:00 – 10:15 Waist Mgt (1) Krisitn		9:15 – 10:00 PowerBox (1) Ellen			9:50 – 10:00 (1) Wst. Mgt. Grace	
10:15 – 11:15 HathaYoga (2) Lauren	10:15 – 10:45 Cardio Mix (1) Grace	10:10 – 10:55 EthoSpin (2) Christine	10:05 – 10:50 Barre None (3) Julie	10:15 – 11:00 Ethos Power (1) Ellen	10:15 – 11:15 Hatha Yoga (1) Mary Ann	10:15 – 11:00 Give Me Strength (1) Ellen
10:30– 11:30 Zumba! (1) Megan		10:15– 11:15 Hatha Yoga (1) Mary Ann	10:30 – 11:30 Belly Dance (2) Lorin	11:05 – 12:00 Zumba! (1) Megan	11:30 – 12:20 Barre None (1) Artie	
1:00 – 2:00 Hatha Yoga (1) Cassie	12:30 – 1:15 Stride n Tone Artie (Floor)	12:30– 1:15pm Give Me Strength (1) Trudi				
6:15 – 7:00 EthoSpin (2) Donna L	6:00 – 6:30 Bounce Circuit Express (1) Donna H	6:00 – 6:50 Zumba! (1) Cassie	6:15 – 7:00 EthoSpin (2) Elizabeth	6:30 – 7:30 Hatha Yoga (1) Cassie		
6:30 – 7:15 Cardio Kick (1) Artie	6:35 – 7:20 ❖ Ethos Power Donna H (1)	6:30 – 7:15 Spin & Sculpt Cindy (2)	6:30 – 7:30 Zumba! (1) Christopher			
7:15 – 7:30 Waist Mgt (1) Artie	7:30 – 8:30 Gentle Yoga Robin (2)	7:00 – 8:00 Hatha Yoga Basics (1) Cassie	7:15 – 8:00 Pilates Mat (2) Julia			

Check out our Small Group Training and Specialty Class Brochure

Special holiday schedule of classes in effect July 2 – 5th Pick up a holiday schedule!



First time spinner? Please arrive to class 10 minutes early so we can help you set up your bike.

White = Classes available with Limited Memberships

❖ = New class!

⌘ = New Instructor!

- (1) Studio 1 Group Exercise Studio
- (2) Studio 2 Mind Body/Cycle

For more information call 201- 251- 4500

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