

Hours:	
• Mon-Th	5a - 9:30p
• Friday	5a - 9p
• Saturday	7a - 5p
• Sunday	7a - 3p

Chester

Group Class Schedule

469-2043 or www.straubfitness.com
WINTER REVISED 2/8/10



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					8:00 Cycle** Lillian	
9:30 Extreme Intervals Laura	9:30 Power Cut** Laura	9:30 Boot Camp MaryJayne	9:30 Power Cut** Isabelle	9:30 Interval Xtreme Trish	9:00 Cardio/Strength MaryJayne	9:00 Kickboxing Isabelle
		10:30 Kickboxing Isabelle	10:30 Yoga Arlene		10:00 Butt 'n Gut Isabelle	10:00 30 Min Stretch Isabelle
4:15 Pilates Arlene						11:30 Yoga Laura
5:15 Boot Camp Carol	5:15 Power Cut** Sue K	5:15 Cycle Lillian	5:15 Power Cut** Lillian		Birthday Parties With Trisha Details Below	Birthday Parties Call Trisha for Details
6:15 Cycle Kristi	6:30 Yoga Laura	6:30 Kickboxing Isabelle	6:30 Yoga Laura			
Free Childcare 9a - 12noon 4:15p - 7:30p	Free Childcare 9a - 12noon 5p - 7:30p	Free Childcare 9a - 12noon 5p - 7:30p	Free Childcare 9a - 12noon 5p - 7:30p	Free Childcare 9a - 12noon	Free Childcare 9-12noon	Free Childcare 9 -12:30

Birthday Parties – Have the party to remember for your child. Fun and easy. Call Trisha at 914 260-0998.

Boot Camp- Get in shape military style with high energy calisthenics and strength moves.

****Power Cut** – Reserve your spot for this popular class. Tone your muscles and burn calories. Barbells and our great instructors will get you fit!

Cardio/Strength - Easy to follow dynamic cardio moves alternating with the use of tubing, bands, and weights.

Cycle - 45 minutes of cycling to your favorite music. Be prepared to sweat. **Reserve your spot in the book at the front desk.

Interval Xtreme - Continuous 30-60 second bursts of cardio, weight and resistance work, designed for maximum calorie burn, to build endurance, and to keep your body ...and mind challenged! For all levels and fitness abilities.

Kickboxing® - Kick, Punch & Jab your body into great shape. Build fitness and confidence with easy to follow yet, challenging moves.

Pilates – Exercises that focus on the core: Abdominal, Low Back and the Gluteus Maximus!

Extreme Intervals- Raise your heart rate with this exciting new class.

Yoga - Strengthen and stretch your muscles with this new age art.

Dr. Art Donohue - Chiropractor -Specializing in headaches, sports injuries & lower back pain. Call 469-2877 for an appointment.

Tanning: Look your best with our tanning hut. FREE with annual memberships or \$7/session, 10/\$49, or \$59 for 1 month unlimited use.

NOTE: Weekday a.m. Classes and Child Care are cancelled when the Chester School District is delayed or closed due to weather.