

### NEW WINTER CLASS SCHEDULE

**Reservations are required for all classes** to ensure instructor availability. We would appreciate at least a 2 hour courtesy call or e-mail before the start of class to reserve your spot. Please e-mail [info@actfitsolutions.com](mailto:info@actfitsolutions.com) or call 201-644-0090

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>*To Ensure class availability.... RESERVATIONS ARE REQUIRED</b>		<b>EXPRESS SPIN</b> Victor 7:00 am				<b>BOOTCAMP</b> Victor 8:30 am
<b>*NEW WINTER SCHEDULE starts January 9, 2012</b>	<b>BOOTCAMP</b> Victor 10:15	<b>CORE &amp; MORE</b> Victor 10:00 am <b>COMING SOON</b>		<b>TRX 20/20/20</b> Dani/Vic 10:00	<b>BEGINNER SPIN</b> Victor 10:00-10:30	<b>SPIN Alyssa/Kay</b> 9:15 <b>VINYASA YOGA</b> Danielle 9:30 am
	<b>*PRIVATE YOGA</b> 12:30			<b>KIDS FITNESS</b> Victor 5:15-6:00		<b>KICKBOXING</b> Vinny 10:30 am
	<b>EXPRESS SPIN</b> Jill 4:45 pm <b>VINYASA YOGA</b> Jill 5:15 pm			<b>TEEN SPIN 45</b> Kayla 4:15-5:00		
		<b>SPIN 45 Alyssa</b> 6:00 pm	<b>DANCE FITNESS</b> Alyssa 6:00-6:45	<b>SPIN 45 Danielle</b> 6:00 pm		
	<b>TRX BOOTCAMP</b> Victor 7:00 pm	<b>POWER/HOT YOGA</b> back in spring	<b>EXPRESS SPIN</b> Danielle 7:15pm	<b>BOOTCAMP</b> Victor 6:30		Hot Yoga will return in the cooler months. Enjoy, Power Yoga in its place while we are still enjoying the nicer weather.