









FRIDAY			
5:15a	Pilates Barre	Megan	Studio 3
5:15a	Boot Camp	Pat G	Track
6:30a	Rise & Shine Yoga	Amy	Studio 3 
8:30a	PUMP	Tara	Studio 2
9:30a	Spin XPRESS*	Megan	Studio 1 
9:30a	Beg Yoga	Donna	Studio 3 
9:30a	HIIT XPRESS	Alex M	Studio 2
10:00a	PUMP XPRESS	Megan	Studio 1
10:00a	Extreme Core	Alex M	Studio 2
10:30a	Tai Chi Mix Forms	Michael	Studio 2
10:45a	Zumba Gold	Connie	Studio 1 FY
10:45a	Nervous System Yoga	Alice	Studio 3 
11:15a	Beg Tai Chi Mix	Michael	Studio 2
12:15p	Int Tai Chi Mix	Michael	Studio 2
12:15p	Barre Booty XPRESS	Emily	Studio 3
5:30p	Spin*	Howie	Studio 1 
5:30p	Yoga Every Body	Marsha	Studio 3 

SATURDAY			
7:30a	Boot Camp	Rachel	Track
7:30p	Yoga Every Body	Lucie	Studio 3 
8:00a	Cardio Tennis*	Court	Jan 4,18 Feb 1, 15, 29
8:00a	Spin*	Alex	Studio 1 
8:30a	Cardio Kickbox	Tamica	Studio 2
8:30a	Barre Fusion	Megan	Studio 3
9:30a	PUMP	Alex	Studio 2
9:30a	Spin*	Megan	Studio 1 
9:30a	Pi/Yo	Michelle/Meagan	Studio 3
10:30a	Zumba	Stacey	Studio 2
10:45a	Restorative Fusion	Leslie 90min	Studio 3 
10:45a	Pilates XPRESS	Megan	Studio 1
11:15a	Spin 101 Jan 11, Feb 8	Megan	Studio 1 

SUNDAY			
8:00a	Spin* 90 mins 1/5, 2/2 60 mins other days	MicheleK	Studio 1 
8:00a	Yoga for Athletes	Sam 75 mins	Studio 3 
8:30a	TBC	Alex M	Studio 2
9:30a	Spin*	Howie	Studio 1 
9:30a	Leg Day	Terry	Floor
9:30a	JUMP!*	Alex M	Studio 2
9:30a	Yoga	Nicole	Studio 3 
10:30a	Zumba	Daniella	Studio 2
10:45a	Beg Yoga	Amy	Studio 3 
11:00a	Walk/Weights XPRESS	Jim	Studio 1

 Spin  Yoga **XPRESS** 30 min class
FY Forever Young Recommendation

* Register at the Service Desk up to 30 minutes prior to class start time for Spin, JUMP!, Jump & Pump, & TRX Express; 60 minutes prior to Cardio Tennis.

New! IN THE NEW YEAR!

*Register at the Service Desk up to 30 minutes prior to class start time for Spin, JUMP!, Jump & Pump, & TRX Express; 60 minutes prior to Cardio Tennis.

YOGI ETIQUETTE

Always be kind and respectful to your fellow yogis and the studio space. A few tips...

Be On Time. Do not enter the studio if the door is shut and the session has begun.

Get Unplugged. Keep phones outside the room or on silent and turned upside down.

Stay Until the End. Do not skip Savasana! Doors are to remain closed until the class is completed.

Embrace the Quiet. Try to limit conversation inside the yoga room.

CLUB HOURS

Monday - Thursday.....5am - 10pm
 Friday.....5am - 9pm
 Saturday.....7am - 6pm
 Sunday.....7am - 5pm

KIDSPACE

Monday - Thursday.....8am - 1pm; 4pm - 8:30pm
 Friday.....8am - 1pm; 4pm - 6:30 pm
 Saturday.....8am - 1pm
 Sunday.....9am - 12pm

Questions?

megan@peachealthfitness.com
 GROUP EX COORDINATOR


**JAN
FEB
2020**

GEX

GROUP EXERCISE

CLASS SCHEDULE





1440 Lower Ferry Road
 Ewing, NJ 08618
 609.883.2000
peachealthfitness.com/schedule

Workshops

GIVE-AWAYS!

SUNDAY, JANUARY 12 | 3-4:30PM

Save the Hero Self-Care Workshop

Dr Joan Coleman | Let Me Be Me
Meditation by Louise Profit

SUNDAY, FEBRUARY 9 & 23 | 3-4:30PM



Reiki for Daily Living - Two Part Series

Joe & Marcia

Registration required; \$10 Guests/Non-Members
 See our website or Facebook page for details.



MONDAY

5:15a	Warrior Circuit	Pat G	Track
5:15a	Barre Fusion	Tara	Studio 3
6:30a	Rise & Shine Yoga	Lucie	Studio 3 
8:30a	PUMP	Tara	Studio 2
8:30a	Drums Alive	Carol	Studio 3 FY
9:30a	Jump! XPRESS*	Michelle	Studio 2
9:30a	Barre Fusion	Tara	Studio 3
9:30a	Spin*	Emily	Studio 1 
10:00a	Pilates XPRESS	Michelle	Studio 2
10:10a	Ab Lab	Megan	Track FY
10:30a	JUST DANCE!	Megan	Studio 2 FY
10:30a	Yoga Deep Release	Leslie	Studio 3 
12:15p	Pilates XPRESS	Megan	Studio 3
12:15p	Circuit City XPRESS	Nick	Studio 2
4:30p	Calm and Flow	Alice	Studio 3 
5:30p	Spin*	MicheleK	Studio 1 
5:30p	Jump & Pump*	Tamica	Studio 2
5:30p	Core Dynamics	Leslie	Studio 3
6:30p	STRONG	Amanda	Studio 1
6:30p	Zumba	Kacie	Studio 2
6:30p	Yoga	Jen	Studio 3 
7:15p	TRX XPRESS*	Nick	2nd Flr

 Spin  Yoga **XPRESS** 30 min class
FY Forever Young Recommendation

* Register at the Service Desk up to 30 minutes prior to class start time for Spin, JUMP!, Jump & Pump, & TRX Express; 60 minutes prior to Cardio Tennis.

TUESDAY

5:15a	Spin*	Cheryl	Studio 1 
5:30a	HIIT XPRESS	Michelle	Studio 2
8:30a	Spin*	Deb	Studio 1 
9:00a	PiYo	Meagan	Studio 2
9:00a	Have A Ball	Susie	Turf FY
9:30a	Hipcentric Flow	Leslie	Studio 3 
9:30a	Warrior Circuit	Rita	Track
9:30a	Core&More XPRESS	Connie	Studio 1 FY
10:00a	Cardio Interval	Connie	Studio 1 FY
10:00a	Walk n Weights	Susie	Track FY
10:00a	Butts & Guts	Michelle	Turf
10:30a	Chair Yoga Fusion	Leslie	Studio 3  FY
10:45a	TRX Barre XPRESS*	Megan	2nd Flr
11:15a	Balance Barre 15 mins	Leslie	Studio 3 FY
12:15p	Spin XPRESS*	Megan	Studio 1 
12:45p	PUMP XPRESS	Megan	Studio 1
4:30p	PUMP	Alex	Studio 2
5:30p	Barre Fusion	Tara	Studio 3
5:30p	Just Arms XPRESS	Kyle	Studio 1
5:30p	Zumba	Stacey	Studio 2
6:00p	Just Glutes XPRESS	Kyle	Studio 1
6:30p	Spin *	Dan	Studio 1 
6:30p	TBC	Alex M	Studio 2
6:30p	Yin Yoga	Holly	Studio 3 
7:30p	Calm & Flow Yoga	Nelida	Studio 3 




OLD SCHOOL STEP!

I ♥ 80.

SUN | JAN 26
11:30-12:45
with Danielle
-REGISTRATION REQUIRED-
HAPPY B-DAY, MEGAN!

WEDNESDAY

5:15a	TBC Circuit	Rachel	Studio 2
6:30a	Rise & Shine Yoga	Lucie	Studio 3 
8:30a	Cardio Strength	Michelle	Studio 2
8:30a	Barre, Core, Cleanse	MicheleK	Studio 3
9:30a	Weight Circuit XPRESS	Susie	Floor FY
9:30a	Jump!*	Tara	Studio 2
9:30a	Core Dynamics	Leslie	Studio 3
9:30a	Spin*	Megan	Studio 1 
10:00a	Ab Lab	Susie	Track FY
10:30a	Restore & Stretch	Leslie	Studio 3 
10:45a	JUST DANCE!	Megan	Studio 2 FY
12:15p	Gentle & Restore	Amy	Studio 3 
12:15p	Boot Camp XPRESS	Nick	Studio 2
4:30p	PiYo	Meagan	Studio 3
5:30p	Spin*	Howie	Studio 1 
5:30p	Cardio Kickbox	Tamica	Studio 2
5:30p	Power Yoga 75 min	Sam	Studio 3 
6:30p	Leg Day XPRESS	Terry	Studio 2
6:30p	STRONG	Amanda	Studio 1
7:00p	ChestShoulder XPRESS	Terry	Studio 2


SATURDAY, FEBRUARY 22 | 10:45AM-12:15PM

PEACTRI

10:45am - Spin with Howie in Studio 1
11:15am - Barre with Megan in Studio 1
11:45am - 1 Mile Run on the Track

Registration required; \$5 All Members and Guests
See our website or Facebook page for details.

THURSDAY

5:15a	Spin*	Megan	Studio 1 
6:15a	Ab Lab	Megan	Track
8:30a	PiYo	Michelle	Studio 3
9:00a	Have A Ball	Susie	Turf FY
9:30a	Spin*	Leslie	Studio 1 
9:30a	PUMP	Tara	Studio 2
9:30a	Core&More XPRESS	Megan	Studio 3 FY
10:00a	Cardio Interval	Megan	Studio 3 FY
10:00a	Walk n Weights	Susie	Track FY
10:30a	Beg Yoga	Marcia	Studio 2 
10:45a	Chair Yoga Fusion	Leslie	Studio 3  FY
11:45a	Drums Alive	Carol	Studio 3 FY
12:15p	Spin XPRESS*	Megan	Studio 1 
12:15p	TRX XPRESS*	Nick	2nd Flr
12:45p	TBC XPRESS	Megan	Studio 1
4:30p	Total Body XPRESS	Shannon	Studio 2
5:30p	Pilates Barre	Megan	Studio 3
5:30p	PUMP	Emily	Studio 2
6:30p	Zumba	Kacie	Studio 2
6:30p	Yoga	Nicole	Studio 3 
6:30p	Walk n Weights	Emily&Kyle	Studio 1

LET'S HAVE A party!

50-yard indoor turf field

WITH ENDLESS POSSIBILITIES!

www.peachealthfitness.com/parties