



Located Within the ShopRite of Greater Morristown
 178 East Hanover Ave., Cedar Knolls, NJ 973-829-6825

Come join us for a complimentary 50 minute fitness class at the VFG wellness center!

Register up to 1 week in advance of the scheduled class in front of the fitness studio at the ShopRite of Greater Morristown.

Don't forget, we can store your groceries in our ShopRite from Home department while you take your class.

If you are unable to make your scheduled class, please call and let Guest Services know.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00am Yoga Marcy Huey	9:30am Zumba Susan Rellah	9:45am "Yogallet"* Katie Stanzak	9:30am Circuit Training Stacey Williamson	9:45am "Yogallet"* Katie Stanzak	9:30am Zumba Susan Rellah	9:00am Yoga Barbara Kane
2:00pm Zumba Carmalee Foster	6:30pm Yoga Karin Stoetzer	6:30pm Yoga Lea Cahill	5:30pm Zumba Carmalee Foster	6:00pm Yoga Suzanne Warren	12pm - LUNCH SESSION Yoga Gaylene Ambrosini	12pm Zumba Carmalee Foster

Classes begin Sunday, November 10th!

***"Yogallet", a ballet and yoga fusion, was developed exclusively for the ShopRite of Greater Morristown by Katie Stanzak.**