

Monday OPEN AT 6:45	Tuesday OPEN AT 6:45	Wednesday OPEN AT 6:45	Thursday OPEN AT 6:45	Friday OPEN AT 6:45
<b>7:30 - 8:15 am</b> Open level <b>AM Exercise</b> Patch S.	<b>7:30 - 8:15 am</b> Open level <b>AM Exercise</b> Joanne B.	<b>7:30 - 8:15 am</b> Open level <b>AM Exercise</b> Renee H.	<b>7:30 - 8:25 am</b> Open level <b>AM Body Sculpt</b> Cait M.	<b>7:30 - 8:15 am</b> Open level <b>AM Exercise</b> Diane/Tia
<b>9:00 - 9:55 am</b> Open level <b>Ultimate Body Conditioning</b> Jeff M.	<b>8:30 - 9:15 am</b> Basics level <b>Stretch &amp; Strength</b> Joanne B.	<b>8:30 - 9:25 am</b> Open level <b>Body Sculpt</b> Danielle B.	<b>8:30 - 9:25 am</b> Basics level <b>Pilates Mat</b> Cathy L. <b>**\$15</b>	
<b>10:00 - 10:45 am</b> Basics level <b>Sit &amp; Get Fit !</b> Joanne B.	<b>9:20 - 10:15 am</b> Open level <b>Zumba</b> Sandy S.	<b>9:30 - 10:15 am</b> Basics level <b>Sit &amp; Get Fit !</b> Tia S.	<b>9:30 - 10:25 am</b> Open level <b>Nia</b> Kerry Ann K.	<b>9:30 - 10:15 am</b> Basics level <b>Sit &amp; Get Fit !</b> Cathy L.
<b>11:00 - 12:15 pm</b> Basics level <b>Gentle Yoga</b> Norma C.		<b>9:30 - 10:15 am</b> Basics level <b>Fun &amp; Fitness</b> Linda I.	<b>10:30 - 11:25 am</b> Basics level <b>YogaSculpt</b> Jeff M.	<b>10:20 - 11:05 am</b> Basics level <b>Fun &amp; Fitness</b> Cathy L.
<b>For children's classes</b> <b>please call 212.327.2173</b> <b>for more info and rates</b>		<b>10:35 - 12:05 pm</b> Basics level <b>Iyengar Yoga</b> Norma C.		<b>11:15 - 12:45 pm</b> Basics level <b>Iyengar Yoga</b> Norma C.
		<b>3:15 - 4:15 pm</b> Ages 3 - 4 yrs <b>Ballet Club</b> Anne E.	<b>3:15 - 4:15 pm</b> Ages 3 - 4 yrs <b>Ballet Club</b> Anne E.	
		<b>4:15 - 5:15 pm</b> Ages 5 - 7 yrs <b>Ballet Club</b> Anne E.	<b>4:15 - 5:30 pm</b> Ages 9 - 11 yrs <b>Creative Dance Club</b> Anne E.	
		<b>6:15 - 7:15 pm</b> Open level <b>Vinyasa Yoga</b> Meg C.	<b>5:45 - 6:40 pm</b> Open level <b>Cardio Sculpt</b> Katie W.	
<b>7:15 - 8:10 pm</b> Open level <b>Zumba</b> Gina V.	<b>7:00 - 8:30 pm</b> Open level <b>Iyengar Yoga</b> Norma C.	<b>7:30 - 8:45 pm</b> Open level <b>Hatha Flow Yoga</b> Cait M.	<b>6:45 - 8:15 pm</b> Open level <b>Iyengar Yoga</b> Norma C.	
CLOSE AT 9	CLOSE AT 9	CLOSE AT 9	CLOSE AT 9	

CLOSE AT 8

March 2010  
schedule subject to change.  
see website for updates.  
www.monqifitness.com  
212.327.2170

Saturday OPEN AT 9	Sunday OPEN AT 9:30
<b>9:30 - 10:15 am</b> Open level <b>Cardio Fusion</b> Renouard G.	<b>10:00 - 10:55 am</b> Open level <b>Awesome Abs &amp; Butt Blast</b> Renee H.
<b>10:15 - 11:00 am</b> Open level <b>Total Body Tune-Up</b> Renouard G.	<b>11:00 - 11:45 am</b> Open level <b>Weight Training</b> <i>Reservations Required</i> Renee H.
<b>11:00 - 11:55 am</b> Open level <b>Pilates Plus</b> Shwee C.	<b>11:00 - 11:55 am</b> Open level <b>Zumba</b> Sandy S.
<b>12:00 - 1:30 pm</b> Open level <b>Iyengar Yoga</b> Norma C.	<b>12:00 - 12:55 pm</b> Open level <b>Hatha Flow</b> Cait M. <b>**\$15</b>
<b>1:40 - 2:55 pm</b> Basics level <b>Gentle Yoga</b> Norma C.	<b>1:00 - 2:30 pm</b> Basics level <b>Ballet Technique</b> Yumiko N.
CLOSE AT 3	CLOSE AT 3

**\*\* Community Classes -**  
**only \$15 per class for**  
**the month of March!**



## Class Descriptions :

**AM Exercise** - Energetic cardio workout combined with strength training. Great for all ages, especially 50 +.

**Awesome Abs and Butt Blast** - Half hour of abs, half hour of butt - simple!

**Ballet** - A basics level class. No experience necessary. Ballet shoes or socks.

**Body Sculpt** - A weight training class that will sculpt and tone your whole body, incorporating free weights, balls, bars and your own body weight.

**Cardio Fusion** - A high energy multi-impact aerobics class combining traditional aerobics with easy to follow dance-like moves.

**Cardio Sculpt** - Sculpt your body while you burn w/aerobic dancey moves!

**Fun & Fitness** - An aerobic workout free of jarring movements. Improve balance, stamina & strengthen your muscles, bones, & heart. Designed for ages 50 +, or anyone just getting back to fitness.

**Nia** - A mind/body practice that fuses dance, martial arts and healing arts, this class will tone and strengthen to fun music and spirited moves.

**Sit & Get Fit !** - Chair-based exercises focusing on proper form. Gentle, designed for senior adults or anyone that is getting over an injury.

**Stretch and Strength** - Release tension for flexibility while toning muscles.

**Total Body Tune-Up** - A combination of upper and lower body resistance workout to tone and sculpt your whole body.

**Ultimate Body Conditioning** - Beginning w/a cardio warm-up, Jeff will take you through pilates & yoga moves plus free weights for your ultimate body.

**Weight Training** - Upper body strength training class using free weights, cables, balls and body weight.

**YogaSculpt** - Uses breath work, yoga flexibility & core sculpt. Feel lengthened while strengthening midsection & core. For beginners & yoga enthusiasts.

**Zumba** - A fusion of body toning moves with easy to follow dance steps set to Latin rhythms. Combines fast and slow rhythms with interval training.

**Pilates Mat** - A series of mat-based exercises for strength & flexibility.

**Pilates Plus** - Build core strength & tone all-over with the use of props.

**Gentle Yoga** - A slower paced, less rigorous, softer class for all ages.

**Hatha Flow** - Work on holding poses and maintaining good alignment.

**Iyengar Yoga** - Based on the teachings of living Yoga master BKS Iyengar, focusing on strength, flexibility & alignment.

**Vinyasa Yoga** - Flowing sequences of poses, emphasizes breath awareness.