

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

CLOSE AT 8

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

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

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



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 Kickboxing - Great cardio workout using classic kickboxing 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.