



# SEPTEMBER 2014

*Back to school means back to fitness!*

## MONDAY

**8:30 AM**  
Tabata Interval  
∞Donna∞

**9:30 AM**  
Total Body  
Conditioning  
∞Donna∞

## TUESDAY\*

**8:30 AM**  
Piloxing  
∞Dawn∞

**9:30 AM**  
Pilates/Barre  
Combo  
∞Dawn∞

## WEDNESDAY

**8:30 AM**  
Total Body  
Conditioning  
∞Dawn∞

**9:30 AM**  
Tabata Interval  
(45 minute class)  
∞Dawn∞

## THURSDAY

**8:30 AM**  
Afterburn  
∞Dyanne∞

**9:30 AM**  
Redefine  
(45 minute class)  
∞Dyanne∞

## FRIDAY

**8:30 AM**  
Total Body  
Conditioning  
∞Dawn∞

**9:30 AM**  
Piloxing  
∞Dawn∞

## SATURDAY

**8:30AM**  
Pilates  
∞Dawn∞

**9:30 AM**  
Power Walk  
∞Jen∞

\* Every Tuesday is  
**Bring a Friend  
for FREE!**

**9:30 AM**  
Power Walk  
∞Jen∞

### KEY

Weights

Cardio

Pilates

Complimentary

### NEW CLASSES FOR SEPTEMBER!

#### Tabata Interval

Monday at 8:30 with Donna and Wednesday at 9:30 with Dawn

#### Power Walk

Friday and Saturday at 9:30 with Jen -- No charge for this class!

**Check our website [www.KickFitNj.com](http://www.KickFitNj.com) for the latest news**

### Babysitting available!

**Check the schedule at  
[www.KickFitNj.com](http://www.KickFitNj.com)**

View your child on our video monitor  
playing in our small, intimate playroom  
while you work out

***Located near all Fair Haven Schools!***