



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 for the latest news

BABYSITTING AVAILABLE!

Check the schedule at 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!