**SEPTEMBER 2014***Back to school means back to fitness!*

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MONDAY** |  | **TUESDAY\*** |  | **WEDNESDAY** |  | **THURSDAY** |  | | **FRIDAY** |  | **SATURDAY** |
| **8:30 AM** Tabata Interval  ∞Donna∞ |  | **8:30 AM** Piloxing ∞Dawn∞ |  | **8:30 AM** Total Body Conditioning ∞Dawn∞ |  | **8:30 AM** Afterburn ∞Dyanne∞ |  | | **8:30 AM** Total Body Conditioning ∞Dawn∞ |  | **8:30AM** Pilates ∞Dawn∞ |
|  |  |  |  |  |  |  |  | |  |  |  |
| **9:30 AM** Total Body Conditioning ∞Donna∞ |  | **9:30 AM** Pilates/Barre Combo ∞Dawn∞ |  | **9:30 AM** Tabata Interval *(45 minute class)* ∞Dawn∞ |  | **9:30 AM** Redefine  *(45 minute class)* ∞Dyanne∞ |  | | **9:30 AM** Tabata Interval  ∞Jen Siden∞ |  | **9:30 AM** Power Walk  ∞Jen Sullivan∞ |
|  |  |  |  |  |  |  |  | |  |  |  |
|  |  | \* Every Tuesday is **Bring a Friend  for FREE!** |  |  |  |  |  | | **9:30 AM** Power Walk  ∞ |  |  |
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| **KEY** |  | **NEW CLASSES FOR SEPTEMBER!**  **Tabata Interval** Monday at 8:30 AM, Wednesday and Friday at 9:30 AM  **Power Walk** Friday and Saturday at 9:30 AM -- 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 | | | |
|  |  |
| Weights |  |
|  |  |
| Cardio |  |
|  |  |
| Pilates |  |
|  |  |
| Complimentary |  |
|  |  |

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

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