

# Coliseum Gym Schedule

718-326-2GYM \* 75-09 71<sup>st</sup> Avenue Middle Village, NY 11379 \* www.coliseumgym.com

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays
<p><b>New!</b> 9:00-9:45 <b>Spinning</b> *Joey</p> <p><b>New!</b> 9:45-10:00 <b>Abs</b> *Joey</p> <p>6:30-7:30 <b>Zumba</b> Natalie</p> <p><b>New!</b> 7:30-8:30 <b>Yoga</b> * Kristen</p>	<p>9:00-9:45 <b>Cardio Sculpt</b> *Steve</p> <p>9:45-10:00 <b>Abs</b> *Steve</p> <p><b>New!</b> 5:30 -6:15 <b>Kick Boxing</b> *Andrew</p> <p><b>New!</b> 6:15-6:30 <b>Abs</b> *Andrew</p> <p>6:30-7:15 <b>Weight Training</b> * Steve</p> <p>7:15-7:30 <b>Abs</b> *Steve</p> <p><b>New!</b> 7:30-8:30 <b>Step</b> Rayhana</p>	<p><b>New!</b> 8:30-9:30 <b>Cardio Dance</b> *Kristen</p> <p><b>New!</b> 5:30-6:15 <b>Bootcamp</b> Andrew / Joey</p> <p><b>New!</b> 6:15-6:30 <b>Abs</b> Andrew / Joey</p> <p>6:30-7:15 <b>Spinning</b> Dawn</p> <p>7:15-7:30 <b>Abs</b> Dawn</p> <p>7:30-8:30 <b>Belly Dancing</b> Rayhana</p>	<p>9:00-9:45 <b>Weight Training</b> *Steve</p> <p>9:45-10:00 <b>Abs</b> *Steve</p> <p><b>New!</b> 5:30 -6:15 <b>Kick Boxing</b> *Andrew</p> <p><b>New!</b> 6:15-6:30 <b>Abs</b> *Andrew</p> <p>6:30-7:30 <b>Zumba</b> Natalie</p>	<p><b>New!</b> 9:00-10:00 <b>Yoga</b> * Kristin</p>	<p>9:00-10:00 <b>Fitball Sculpt</b> *Steve/Cheryl</p> <p>10:00-11:00 <b>Speed Racer</b> Cheryl</p> <p>* These instructors are certified to work one-to-one with you to reach your fitness goals.</p> <p><input type="checkbox"/> Paid classes designed specifically for children of a certain age.</p> <p>*Please note that class schedule is modified periodically to address member feedback, class popularity and participation levels. Classes with low participation (less than 8) are subject to cancellation. If you enjoy a class, please be a part of its success by being consistent in your participation.</p> <p><b>Day Care Hours:</b> Mon through Sat 9:00am-12:00pm Mon through Thu 6:00pm -9:00pm</p>

CLASSES AND INSTRUCTORS ARE SUBJECT TO LAST MINUTE CHANGES