

MAY 2024

Group Exercise Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
ST. LUKE'S WARREN FITNESS & SPORTS PERFORMANCE CENTER 755 Memorial Parkway Suite 305 Phillipsburg, NJ, 08865 (908) 847-8833 Monday through Friday 5 am—8 pm Saturday 7am –2pm Sunday 7am –1pm						
			1 5:30 am Metcon-Fran 10:30am Healthy Bones 12:00 pm Gentle Mat Yoga- Judi 4:30pm Total Body-Lenore Turf Reserve for PT 4:30-6pm	2 5:30 am Bootcamp- Mike 9:00 am Mobility & Strength- Mike 10:15 am Healthy Bones 11:15 am Chair Yoga-Molly 6:00 Spin-Terry 6:30 pm Metcon- Noah	3 5:30 am Metcon—Jim Turf Reserve for PT 11:45-1:15	4 8:00 am Metcon-Rachael
5	6 5:30 am Metcon-Jim 10:15 am Chair Yoga—Judi Turf Reserve for PT 4:30-6pm	7 5:30 am Butts & Guts- Mike 7:30am Circuit—Jim 9:00 am Mobility & Strength- Mike 10:00 am Arthritis- Judi 11:15am Chair Yoga-Molly Turf Reserve for PT 1:30-3pm 6:00 Spin-Terry	8 5:30 am Metcon-Fran 10:30am Healthy Bones 12:00 pm Gentle Mat Yoga- Judi Turf Reserve for PT 4:30-6pm	9 5:30 am Bootcamp- Mike 9:00 am Mobility & Strength- Mike 10:15 am Healthy Bones 11:15 am Chair Yoga—Molly 6:00 Spin-Terry 6:30 pm Metcon- Noah	10 5:30 am Metcon- Jim Turf Reserve for PT 11:45-1:15	11 8:00 am Metcon- Noah
12	13 5:30 am Metcon- Jim 10:15 am Chair Yoga—Judi Turf Reserve for PT 4:30-6pm	14 5:30 am Butts & Guts- Mike 7:30am Circuit—Jim 9:00 am Mobility & Strength—Mike 10:00 am Arthritis- Judi 11:15am Chair Yoga-Molly Turf Reserve for PT 1:30-3pm 6:00 Spin-Terry	15 5:30 am Metcon-Jim 10:30am Healthy Bones 12:00 pm Gentle Mat Yoga- Judi 4:30pm Total Body-Lenore Turf Reserve for PT 4:30-6pm	16 5:30 am Bootcamp- Mike 9:00 am Mobility & Strength- Mike 10:15 am Healthy Bones 11:15 am Chair Yoga—Molly 6:00 Spin-Terry 6:30 pm Metcon- Noah	17 5:30 am Metcon—Jim Turf Reserve for PT 11:45-1:15	18 8:00 am Metcon-Rachael
19	20 5:30 am Metcon- Jim 10:15 am Chair Yoga—Judi Turf Reserve for PT 4:30-6pm 6pm Yoga w/ Susan	21 5:30 am Butts & Guts- Mike 7:30am Circuit—Jim 9:00 am Mobility & Strength-Mike 10:00 am Arthritis- Judi 11:15am Chair Yoga-Molly Turf Reserve for PT 1:30-3pm	22 5:30 am Metcon-Jim 10:30am Healthy Bones 12:00 pm Gentle Mat Yoga- Judi 4:30pm Total Body-Lenore Turf Reserve for PT 4:30-6pm	23 5:30 am Bootcamp- Mike 9:00 am Mobility & Strength- Mike 10:15 am Healthy Bones 11:15 am Chair Yoga—Molly 6:30 pm Metcon- Noah	24 5:30 am Metcon—Jim Turf Reserve for PT 11:45-1:15	25 8:00 am Metcon- Noah
26	27 Happy Memorial Day Hours 7-1	28 5:30 am Butts & Guts- Mike 7:30am Circuit—Jim 9:00 am Mobility & Strength-Mike 10:00 am Arthritis- Judi 11:15am Chair Yoga-Molly Turf Reserve for PT 1:30-3pm 6:00 Spin-Terry	29 5:30 am Metcon-Jim 10:30am Healthy Bones 12:00 pm Gentle Mat Yoga- Judi 4:30pm Total Body-Lenore Turf Reserve for PT 4:30-6pm	30 5:30 am Bootcamp- Mike 9:00 am Mobility & Strength- Mike 10:15 am Healthy Bones 11:15 am Chair Yoga—Molly 6:00 Spin-Terry 6:30 pm Metcon- Noah	31 5:30 am Metcon—Jim Turf Reserve for PT 11:45-1:15	

GROUP FITNESS CLASS DESCRIPTIONS: WARREN CAMPUS

METCON: or “Metabolic Conditioning” refers to short bouts of high-intensity exercise done in fast succession. It is designed to work all the body’s energy systems in an intense, but efficient way. Experience a fantastic workout in 30 minutes or less.

YOGA: This class emphasizes the harmonious balance between mind and body. Various poses will be utilized to improve postural alignment, body strength, and flexibility.

CHAIR YOGA: A unique and joyful experience especially designed for the young at heart who love Yoga but may have physical limitations. This 1 hour class will include seated as well as standing postures that will stretch and strengthen muscles, lubricate joints, increase lung capacity, and quiet and relax thoughts.

GENTLE MAT YOGA: If you have enjoyed Yoga before; have never experienced Yoga; or if your body is not as flexible as it used to be, this class may just what you're looking for! Join Judi Spagnola, C-IAYT/E-RYT500/TRM, on the mat for this 1 hour class and we will take it nice and easy.

BUTTS AND GUTS: A quick high energy muscle conditioning class that targets and tones your core and lower body.

BOOTCAMP: Workout that combines both cardio and strength/resistance training to tone and tighten from head to toe.

TOTAL BODY: Circuit style class to cover it all (strength, cardio and abs) with good music to keep it fun! Appropriate for all levels of fitness.