

# UNLIMITED GROUP FITNESS TRAINING

P.E. AT P.F.\* P.E. AT P.F.\* P.E. AT P.F.\* P.E. AT P.F.\*P.E. AT P.F.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				
7-8AM Lower Body & Abs	7-8AM Upper Body			7-8AM Design Your Own Program & Cardio
8-9AM Upper Body	8-9AM Design Your Own Program & Cardio			8-9AM Lower Body & Abs
9-10AM Lower Body & Abs	9-10AM Upper Body			9-10AM Design Your Own Program & Cardio
10-11AM Upper Body	10-1030AM PF Express 30 Minute Training			10-1030AM PF Express 30 Minute Training
11-1130 PF Express 30 Minute Training	11-NOON Design Your Own Program & Cardio			11-NOON Lower Body & Abs
12-1PM Design Your Own Program & Cardio	12-1PM Lower Body & Abs			
<b>CLUBS</b> Poughkeepsie, NY (845) 473-8000 Wappingers Falls, NY (845) 298-8100 Middletown, NY (845) 343-9800 Newburgh, NY (845) 565-4500 Kingston, NY (845) 336-4500		1-2PM Upper Body	1-2PM Lower Body & Abs	<b>Open 24 Hours!</b> <b>Monday 12AM- Friday 10PM</b> <b>Saturday &amp; Sunday 7AM - 7PM</b>
<i>PF Express Trainers Are Guiding The Circuit: Mornings/Afternoons - See Class Schedule</i> <i>Evenings - A Trainer Is In The Circuit From 5-7PM Mon-Thurs</i>		2-230PM PF Express 30 Minute Training	2-3PM Upper Body	
		3-4PM Lower Body & Abs	3-330PM PF Express 30 Minute Training	
		4-5PM Upper Body	4-5PM Lower Body & Abs	
In Addition To This Schedule We Have A Floating Floor Trainer Mon/Tues 5-8PM and Sat/Sun 9AM - 1PM		5-6PM Lower Body & Abs	5-6PM Design Your Own Program & Cardio	<b>HAVE A GOOD WEEKEND FROM THE JUDGEMENT FREE ZONE!</b> Floor Trainers are available Sat/Sun 9am-1pm
<b>ALL SESSIONS ARE DONE IN A GROUP SETTING WITH UP TO 4 PEOPLE</b>		6-7PM Design Your Own Program & Cardio	6-7PM Lower Body & Abs	
		7-8PM Upper Body	7-8PM Design Your Own Program & Cardio	
<b>FITNESS SESSION DESCRIPTIONS</b>				
<b>Lower Body &amp; Abs:</b> Learn The Leg Exercises To Sharpen & Toughen All The Muscles Below The Belt Along With The Abdominal Exercises To Help Tighten Your Stomach.				
<b>Design Your Own Program &amp; Cardio:</b> Have an Individual Program Designed To Your Goals And Needs. This is Done In A Group Setting.All You Need To Know Is What You Want To Accomplish. Also, Learn How To Use All The Cardiovascular Equipment. This Session is <u>Required</u> Before A Body Parts Session.				
<b>Upper Body:</b> Learn The Exercises To Define & Strengthen Your Arms, Back, Chest & Shoulders.				
<b>PF Express 30 Minute Workout:</b> Trainer will be available to answer questions and show you this great circuit.				