


M T W TH F SA SU

6am		BodyPump Crystal 5:30am		BodyPump Melissa 5:30am			
7am							
8am							
9am					BodyPump Marianne 8:30am	Kickboxing Jackie 8:30am	BodyPump Eileen 8:30am
10am	BodyPump Susan 9:30am	Boot Camp Marissa 9:30am	Kickboxing Marissa 9:30am	Zumba Heather 9:30am	Boot Camp Marianne 9:45am	Total Body Conditioning Marissa 9:30am	Zumba Paula 9:45am
11am	Yoga Andie 11:00am	Zumba Kim 10:30 am	Yoga Bobbi 11:00am	Total Body Conditioning Marianne 10:45am	Zumba Kim B. 10:45am	Zumba Sandra 10:30am	Yoga Janet 11:00am
12pm		Edge Barre Riah 12:00pm		Edge Barre Kathy 12:00pm			
4pm							 <p>Washington Township 141 Tuckahoe Road (856) 629-5451 TheEdgeFitnessClubs.com</p> <p>Effective October 1st (Schedule Subject to Change)</p> <p>All classes are 50 minutes and require registration. LesMills classes may vary.</p> <p>Please refer to the Group X page of our website for class policies.</p> <p>Club Hours: M 5a - F 9p SA 7a-7p SU 7a-7p</p>
5pm	Edge Barre Laurie 4:30pm	BodyPump Eileen 4:30pm	Edge Barre Laurie 4:30pm	BootCamp Marissa 4:30pm	Yoga John 4:30pm		
6pm	Zumba Paula 5:30pm	BootCamp Marissa 5:30pm	Zumba Paula 5:30pm	BodyPump Wendy 5:30pm	Zumba Lisa B. 5:30pm		
7pm	BodyPump Wendy 6:30pm	Yoga John 6:30pm	BodyPump Eileen 6:30pm	Zumba Allyson 6:45pm			
8pm	Kickboxing Marissa 7:45pm	Zumba Ally 7:30pm	Kickboxing Jackie 7:45pm				
9pm							

CLASS BY TYPE:

STRENGTH

CARDIO

MIND BODY



SCHEDULE

WASHINGTON TOWNSHIP, NJ

M T W TH F SA SU

5am

Spinning Bob 5:30am		Spinning Bob 5:30am		Spinning Bob 5:30am		
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7am

8am

RPM Susan 8:30am	Spinning Katherine 8:30am		Spinning Bob 8:30am		Spinning Eileen 8:30am	
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10am

		Spinning Katherine 9:30am		Spinning Bob 9:45am	Spinning Al 9:45am	Spinning Bob R. 9:45am
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4pm

Spinning Bob R. 5:00pm		Spinning Bob R. 5:00pm				
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6pm

Spinning Bob R. 6:30pm	RPM Eileen 6:30pm	Spinning Bob R. 6:30pm	Spinning Eileen 6:30pm			
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8pm

9pm



Washington Township
141 Tuckahoe Road
(856)629-5451
TheEdgeFitnessClubs.com

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