

M T W TH F SA SU

6am	<b>Boot Camp</b> Debbie 5:30am		<b>Total Body Conditioning</b> Debbie 5:30am			
7am						
8am						
9am	<b>Boot Camp</b> Christian 8:30am	<b>EDGE Barre</b> Natalie S. 8:30am	<b>Body Flow</b> Jenny 8:30am		<b>Yoga</b> Janet 8:30am	<b>Zumba</b> Ciara 8:30am
10am	<b>Zumba</b> Darlene 9:30am	<b>BodyPump</b> Darlene 9:30am	<b>Zumba</b> Natalie S. 9:30am	<b>BodyPump</b> Jenny 9:30am	<b>Zumba</b> Shannan 9:30am	<b>Total Body Conditioning</b> Shannon 9:30am <b>BodyPump</b> Paula C. 9:30am
11am	<b>Yoga</b> Debbie 11:00am	<b>Zumba</b> Mira 10:45am	<b>EDGE Barre</b> Natalie S. 11:00am	<b>CXWorx</b> Jenny 10:30am	<b>Yoga</b> Debbie 11:00am	<b>Zumba</b> Glenda 10:30am <b>EDGE Barre</b> Carly 11:30am
12pm						

4pm						
5pm	<b>Strong by Zumba</b> Ciara 4:30pm	<b>EDGE Barre</b> Nora 4:30pm	<b>Kickboxing</b> Joy 4:30pm	<b>EDGE Barre</b> Nora 4:30pm		
6pm	<b>Zumba</b> Carla 5:30pm	<b>BodyCombat</b> Rhiannon 5:30pm	<b>Zumba</b> Tashi 5:30pm	<b>BodyPump</b> Lou 5:30pm	<b>Zumba</b> Glenda 5:30pm	
7pm	<b>BodyPump</b> Meaghan 6:30pm	<b>Yoga</b> Janet 6:30pm	<b>BodyPump/CXWORX</b> Lou 6:30pm	<b>BodyCombat</b> Jenn 6:45pm		
8pm	<b>Zumba</b> Jennifer K. 7:30pm		<b>Zumba</b> Sandra 7:45pm			
9pm						



**Cherry Hill**  
2139 NJ-38  
(856) 661-9180  
TheEdgeFitnessClubs.com

**Effective October 1st**  
(Schedule Subject to Change)

All classes are 50 minutes and require registration. LesMills classes may vary.

Please refer to the Group X page of our website for class policies.

**Club Hours:**  
M 5a - F 9p  
SA 7a-7p  
SU 7a-7p

CLASS BY TYPE:

- STRENGTH
- CARDIO
- MIND BODY



# SCHEDULE

## CHERRY HILL, NJ

M

T

W

TH

F

SA

SU

5am

Spinning  
Avis  
5:30am

Spinning  
Spring  
5:30am

Spinning  
Natalie S.  
5:30am

7am

8am

Spinning  
Steph H.  
8:30am

Spinning  
Marla  
8:30am

Spinning  
Debra  
8:00am

Spinning  
Bob  
8:00am

9am

Spinning  
Carly  
9:30am

Spinning  
Bob  
9:30am

Spinning  
Charlisha  
9:30am

Spinning  
Carly  
9:30am

Spinning  
Natalie S.  
9:30 am

10am

4pm

5pm

Spinning  
Harry  
6:00pm

Spinning  
Monica  
6:00pm

Spinning  
Keli  
5:30pm

Spinning  
Wanda  
6:00pm

Spinning  
Bob  
5:30pm

7pm

8pm

9pm



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