



100 Bauer Drive - Oakland, NJ 07436
201-651-1010 - www.lakesidefitnessclub.com

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
SPIN	Bob 9:30am	Toni 5:30am	Bob 5:30am	Bob 5:30am				
	Rebecca 6pm	Rebecca 9:30am	Alexis 9:30am	Teri 9:30am	Erika 9:30am	Teri 9am	Joann 9am	
WOOD STUDIO	Body Sculpt 8:30am Beth	Body Sculpt 5:30am Mary Ellen	Step n Sculpt 8:30am Beth	Mat Pilates 9-9:30 Michael	Dynamic Step 8:30am Beth	FREE 8:30am Dee		
	Cardio Kickboxing 9:30am Beth	Belly, Butts & Thighs 8:30am Beth	Piloxing 9:30am Eileen	Body Sculpt 9:30am Beth	Zumba 9:30am Veronica	Dynamic Barre 9:30am Dee	Body Sculpt 9:30am Beth	
	Hatha Yoga 10:30am Keri	Cardio Sculpt 9:30am Teri	Silver Sneakers Classic 10:30am Alan		Silver Seniors 10:30am Teri	Rock Your Chi 10:30am Scott	Stix Yoga 10:30am Scott	
	Silver Sneakers Classic 12:30pm Alan	Silver Sneakers Yoga 12:30pm Alan	VinYasa Yoga 12:10pm Keri	Silver Sneakers Yoga 12:30pm Alan	CLUB HOURS: Monday - Thursday: 5am-10pm Friday: 5am-9pm Saturday & Sunday: 7am-4pm			
			Dynamic Barre 4:30pm Dee					
	Killer Core 5:30-6pm Jamie	FREE 5:30pm Dee	Killer Core 5:30-6pm Jamie	Body Sculpt 5:30pm Dee	Zumba 5pm Robin	KIDS CLUBHOUSE HOURS: Mon-Thu: 8:30am-12:30pm Mon-Fri: 5-8:00pm Fri, Sat, Sun: 8:00am - 12:00pm		
	Body Sculpt 6pm Toni D	Body Sculpt 6:30 Dee	Piloxing 6pm Eileen	Tabata 6:30pm Dee	Hatha Yoga 6:30pm Keri			
	Qi Gong 7pm Scott		Hatha Yoga 7pm Scott					
TURF FIELD	Boot Camp 5:30am Greg		Boot Camp 5:30am Toni	Boot Camp 5:30am Mary Ellen	Boot Camp 5:30am Dan	Boot Camp 8am Dan	Boot Camp 9am Teri	
	Boot Camp 9:30am Eric	Kettlebell Boxing Boot Camp 9:00am Bob	Boot Camp 9:30am Eric	Kettlebell Boxing Boot Camp 9:30am Bob	Boot Camp 9:30am Melissa	Boot Camp 9:30am Toni	Power Strike Boot Camp 10:30am Beth	
	Boot Camp 12:10pm Greg	Power Strike Boot Camp 10:00am Beth			Kettlebell Boxing Boot Camp 12:10pm Bob	Boot Camp 12:10pm Greg		
	Boot Camp 6pm Teri	Boot Camp 6pm Melissa	Kettlebell Boxing Boot Camp 6pm Bob	Boot Camp 6pm Dan	Boot Camp 6pm Dan			
Boot Camp on the Turf Field Large Group Training (\$89 unlimited-includes gym)								
BLUE ROOM	CrossFit 5:30am Billy	CrossFit 6:30am Billy	CrossFit 5:30am Billy	CrossFit 6:30am Billy	CrossFit 6:30am Billy	CrossFit 8am Greg	OPEN GYM FREE to all LFC members* 9-10am Pam	
	CrossFit 9:30am Billy	CrossFit REQUIRES SIGN UP PER CLASS	CrossFit 9:30am Greg		CrossFit 9:30am Greg	Functional Mobility 9-9:30am Billy		
	CrossFit ONRAMP 10:30am Greg		CrossFit ONRAMP 10:30am Greg	\$179/unlimited includes Boot Camp & Gym Membership		CrossFit 9:30am Billy		
	CrossFit 6pm Greg	CrossFit 6pm Greg	CrossFit 6pm Greg	CrossFit 6pm Greg	CrossFit 6pm Greg	CrossFit ONRAMP 10:30am Pam		
	CrossFit 7pm Billy	CrossFit 7pm Melissa	CrossFit ONRAMP 7pm Pam	CrossFit 7pm Billy	CrossFit ONRAMP 7pm Pam	CrossFit 7pm Melissa		

