



North East Athletic Club
518-789-6100

Nov-08

Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 8am: Spinning (A) 10am: Yoga- All Levels
2 12pm: Tae Kwon Do (adult)	3 5pm: Tike Kwon Do- tiny tots (D) 6pm: Tae Kwon Do- beginners (D)	4 5:30pm Spinning (A)	5 6pm: Tae Kwon Do (D)	6 5:30pm Spinning (A) 7pm: Yoga- All Levels	7 8am: Mama Wants Her Abs Back 8:45am: Body Sculpting (M)	8 8am: Spinning (A) 10am: Yoga- All Levels
9 12pm: Tae Kwon Do (adult)	10 5pm: Tike Kwon Do- tiny tots (D) 6pm: Tae Kwon Do- beginners (D)	11 5:30pm Spinning (A)	12 6pm: Tae Kwon Do (D)	13 5:30pm Spinning (A) 7pm: Yoga- All Levels	14 8am: Mama Wants Her Abs Back 8:45am: Body Sculpting (M)	15 8am: Spinning (A) 10am: Yoga- All Levels
16 12pm: Tae Kwon Do (adult)	17 5pm: Tike Kwon Do- tiny tots (D) 6pm: Tae Kwon Do- beginners (D)	18 5:30pm Spinning (A)	19 6pm: Tae Kwon Do (D)	20 5:30pm Spinning (A) 7pm: Yoga- All Levels	21 8am: Mama Wants Her Abs Back 8:45am: Body Sculpting (M)	22 8am: Spinning (A) 10am: Yoga- All Levels
23 12pm: Tae Kwon Do (adult)	24 5pm: Tike Kwon Do- tiny tots (D) 6pm: Tae Kwon Do- beginners (D)	25 5:30pm Spinning (A)	26 6pm: Tae Kwon Do (D)	27 5:30pm Spinning (A) 7pm: Yoga- All Levels	28 8am: Mama Wants Her Abs Back 8:45am: Body Sculpting (M)	29 8am: Spinning (A) 10am: Yoga- All Levels
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Special Services:	Class Prices:	Holidays
Personal Training:	Senior Fitness \$10 members/ \$12 non-members	
One Hour \$50	Cardio Kick Boxing \$10 members/ \$12 non-members	
Package of 10 One-Hour Sessions \$450 (save \$50)	Spinning \$10 per session/ \$100 per month	
Package of 20 One-Hour Sessions \$800 (save \$200)	Tae Kwon Do \$45 per month/ \$100 for 3 months	
	Yoga \$10 members/ \$12 non-members	
	Masha's Abs \$10 (\$15 if taken with Body Sculpting)	
	Body Sculpting \$12 (\$15 if taken with Masha's Abs)	

Instructors:	Rates & Signup:
<i>Name (and symbol)</i>	Please contact front desk to sign up for Spinning classes
<i>Classes Offered</i>	
Thia T Cardio Kick Boxing	
Thia T Abs and booty tone	
Masha Loucks M Body Sculpting	
Masha Loucks M Mama Wants Her Abs Back	
Melissa Stevens A Yoga	
Andrew Stayman A Spinning	
Dylan Baker D Tae Kwon Do	