



**NORTH EAST
ATHLETIC CLUB**

2010 Class Schedule

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	<p>FREE Mat Pilates 6-7 p.m.</p>	<p>Spinning 5:30-6:30 p.m.</p>		<p>Spinning 5:30-6:30 p.m.</p>	<p>ZUMA 5:30-6:30 P.M.</p>	<p>Spinning 9-10 a.m.</p> <p>Total Body Blast 10:30-11:30 a.m.</p>

Spinning – Instructed by Andrew Stayman
\$10 for ALL

Mat Pilates – Instructed by Janet Kaufman
FREE to members / \$12 for non-members

Total Body Blast – Instructed by Kelly Pattison
\$10 for members / \$12 for non-members

ZUMBA – Instructed by Elizabeth Ferris
\$10 for members / \$12 for non-members