

# Winter 2012

# MIDTOWN

## Kinesis

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### **Mondays**

6:00 - 6:30am\* Judy  
7:00 - 7:30am Dina  
7:30 - 8:00am Judy  
10:00 - 11:00am Josette  
4:00 - 5:00pm Vinny  
5:00 - 5:30pm\* Judy

### **Kinesis/Pilates**

6:00 - 7:00pm Judy

### **Tuesdays**

8:30 - 9:30am Josette  
11:00 - 11:30am Judy  
11:30 - 12:30am Josette  
5:00 - 5:30pm\* Judy  
5:30 - 6:30pm Josette  
6:30 - 7:30pm Vinny

### **Wednesdays**

6:00 - 6:30am\* Judy  
7:30 - 8:00am Judy  
10:00 - 11:00am Judy  
5:00 - 5:30pm\* Judy  
5:30 - 6:30pm Judy/Josette  
7:00 - 8:00pm Vinny

### **Thursdays**

5:30 - 6:00am Arlene  
6:00 - 6:30am Arlene  
7:00 - 7:30am Dina  
9:00 - 9:30am Vinny  
10:00 - 11:00am Josette  
11:00 - 12:00pm Vinny  
5:00 - 5:30pm\* Judy  
5:30 - 6:30pm Josette

### **Fridays**

6:00 - 6:30am\* Judy  
7:30 - 8:00am Judy  
8:30 - 9:00am Dina  
10:00 - 11:00am Dina  
4:00 - 5:00pm Vinny

### **Saturdays**

8:00 - 9:00am Vinny  
9:30 - 10:30am Josette  
10:30 - 11:30am Vinny  
11:30am - 12:30pm Vinny

\*Class runs twice a week.

For more information contact:

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