

RWJ HAMILTON GROUP FITNESS LABOR DAY SCHEDULE

Studio 1

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| 8:30 – 9:30 | Group Step | Kristen |
| 9:30 – 10:30 | Pilates | Sharon B. |

Studio 2

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| 8:30 – 9:30 | Gentle Yoga | Valerie |
| 10:00 – 11:15 | Vinyasa Flow | Valerie |

Studio 3

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| 9:30 – 10:30 | Group Power | Kristen |
| 10:30 – 11:30 | Cardio Kickbox | Sharon B. |

Cycle

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| 9:30 – 11:00 | Cycle | Sharon L. |
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Pool

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| 9:00 – 10:00*** | Aqua Run | Corina |
| 10:00 – 11:00 | Aqua Sculpt | Jenn |

Have a safe and happy holiday!