



**JERSEY  
FITNESS**

# Group Fitness/SPIN Schedule October 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div> <div>5:00AM Interval SPIN Chrissy</div> <div>2</div> <div>3</div> <div>4</div> </div>					
	<div> <div>New to Classes? No problem!</div> <div>Our experienced instructors will guide you in the right direction!</div> <div>Feel free to reach out to Chrissyboza@yahoo.com</div> <div>Please with questions!</div> </div>					
5  8:30AM Stretch and Balance Fusion Chrissy	6  5:00AM Interval SPIN Chrissy  5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy	7  5:00AM Interval SPIN Chrissy 9:15AM ZUMBA Yazmin  4:30PM Tabata Time Colleen 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine	8  5:00AM Interval SPIN Chrissy 9:15AM Mat Pilates Tina 10:00AM Cardio Line Dance Tina  5:30PM Cardio Sculpt Tara Powell 6:30PM ZUMBA Yazmin	9  5:00AM Interval SPIN Chrissy 9:15AM Stretch and Balance Chrissy 4:30PM Express SPIN Chrissy 5:30PM Total Body Strength Alexis	10  5:00AM Power Hour Chrissy 9:15AM Mat Pilates Tina 10:00AM Cardio Line Dance Tina  5:30PM Zumba Yazmin 6:45PM YOGA Nicole	11  8:30AM Total Body Workout Alexis
12  8:30AM Outdoor Bootcamp Kassidy	13  5:00AM Interval SPIN Chrissy  5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy	14  5:00AM Interval SPIN Chrissy 9:15AM Zumba Yazmin  4:30PM Tabata Time Colleen 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine	15  5:00AM Interval SPIN Chrissy   5:30PM Cardio Sculpt Tara Powell 6:30PM ZUMBA Yazmin	16  5:00AM Interval SPIN Chrissy 9:15AM Stretch and Balance Chrissy 4:30PM Express SPIN Tara Puitz 5:30PM Total Body Strength Alexis	17  5:00AM Pump and Pedal Chrissy 9:15AM Total Body Workout Colleen  5:30PM ZUMBA Yazmin 6:45PM YOGA Nicole	18  8:30AM HIIT Chrissy
19  8:30AM Stretch and Balance Fusion Chrissy	20  5:00AM Interval SPIN Chrissy  5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy	21  5:00AM Interval SPIN Chrissy 9:15AM Zumba Yazmin 4:30PM Total Body Alexis 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine	22  5:00AM Interval SPIN Chrissy 9:15AM Mat Pilates Tina 10:00AM Cardio Line Dance Tina  5:30PM Cardio Sculpt Tara Powell 6:30PM ZUMBA Yazmin	23  5:00AM Interval SPIN Chrissy 9:15AM Stretch and Balance Chrissy 4:30PM Express SPIN Tara Puitz 5:30PM Total Body Strength Alexis	24  5:00AM Power Hour Chrissy 9:15AM Total Body Workout Colleen  5:30PM ZUMBA Yazmin 6:45PM YOGA Nicole	25  8:30AM Interval SPIN Chrissy  11:00AM YOGA Mandy
26  8:30AM Outdoor Boot Camp Kassidy	27  5:00AM Interval SPIN Chrissy  5:30PM Cardio Sculpt Alyssa 6:30PM ZUMBA Amy	28  5:00AM Interval SPIN Chrissy 9:15AM Zumba Yazmin 4:30PM Tabata Time Colleen 5:30PM Kardio Karate Chrissy 7:00PM YOGA Katherine	29  5:00AM Interval SPIN Chrissy 9:15AM Mat Pilates Tina 10:00AM Cardio Line Dance Tina 5:30PM Cardio Sculpt Tara Powell 6:30PM Halloween ZUMBA Yazmin	30  5:00AM Interval SPIN Chrissy 9:15AM Stretch and Balance Chrissy 4:30PM Express SPIN Tara Puitz 5:30PM Total Body Strength Alexis	31  5:00AM Pump and Pedal Chrissy 9:15AM Total Body Workout Alexis  <b>Happy Halloween</b>	

