

**104 Merrick Road
Amityville, NY
(631) 264-7114
Program Manager:
Lisa Leto, ext. 113**

Amityville club hours:
Mon-Thu: 5:00am-1:00am
Friday: 5:00am-9:00pm
Saturday: 7:00am-7:00pm
Sunday: 8:00am-4:00pm



Schedule effective date: June 9th, 2010

Visit our sister gym at
**51 Frost Street
Westbury, NY
(516) 478-5800**



We are proud to offer
Healthways
Silver Sneakers
Senior Fitness Program

LisaLatbigalsfamilyfitness@yahoo.com

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
9:30 – 10:15 GI Jane Delia	8:45 – 9:30 Studio Spin* Marlene	9:30 – 10:30 Cardio Interval Michelle	9:30 – 10:30 Fitball Delia	9:30 – 10:30 ZUMBA Raphael	7:00 – 8:30 Combat MMA Ralph & Tom <i>In The Loft</i>	9:30 – 10:30 Power Kickboxing <i>(plus Intro To Turbo Kick)</i> Delia
10:15 – 11:00 Butt & Gutt Delia	9:30 – 10:15 Cardio Balance Marlene	10:00 – 11:00 Silver Sneakers M.S.R.O.M. Evelyn <i>held on the court</i>	11:00 – 12:00 Silver Sneakers Senior Fit Sue	All classes not included with all memberships – inquire at Front Desk for more details	7:45 – 8:30 Studio Spin* Ashley	CHANGES IN RED!
10:00 – 11:00 Silver Sneakers M.S.R.O.M. Sue <i>Held on the court</i>	10:15 – 11:00 Pilates Lisa	5:30 – 6:15 Sculpt Lanya	5:30 – 6:30 Studio Spin* Peter		8:30 – 9:30 Step & Sculpt Patrice	
5:15 – 6:00 Pilates Lisa	11:00 – 12:00 Silver Sneakers Cardio Circuit Marie	6:15 – 7:00 Studio Spin* Lanya	5:30 – 6:30 Studio Spin* Peter	Included in your Platinum membership!	9:15 – 10:30 Yoga David	WARRIORS martial arts dojo 勇士 Combat MMA Jui Jitsu Monday 8:00 – 9:00pm Wednesday 7:00 – 8:00pm
6:00 – 7:00 Navy Seal Boot Camp Tom <i>Held on the court</i>	6:30 – 7:45 Koga Jon Koga <i>\$5 fee for this class</i>	7:00 – 8:30 Combat MMA Ralph & Tom <i>Now in main studio!</i>	6:30 – 7:30 Total Body Blast Michelle		All one-on-one training requires purchase of personal training sessions	
7:00 – 8:00 Studio Spin* Ashley	7:45 – 8:30 Cardio Strip Lisa	8:15 – 9:30 Hot Box Yoga David				
8:00 – 9:00 ZUMBA TBD <i>Held on the court</i>	8:30 – 9:15 Pilates Lisa				Monday 7:30-8:30pm	Thursday 6:30-8:30pm
7:00 – 8:30 Combat MMA Ralph & Tom <i>Now in The Loft</i>		AMITYVILLE NURSERY HOURS Monday: 9:15am-11:45am & 5:00-9:00pm Tuesday: 8:30am-11:45am & 5:30pm-9:15pm Wednesday: 9:15am-11:45am & 5:15-8:00pm Thu: 9:15am-11:45am & 5:15pm-7:30pm Fri: 9:15am-11:45am Sat: 8:15am-12:15pm, Sun: 9:15am-12:15pm			Boxing training with Jojo!	

* All Spin & specialty classes have limited space available and require you to sign up 2 hours in advance. Please call or sign up in person.

www.bigalsfamilyfitness.com

be who you are

L Indicates that class is held in the Loft Studio