

SPRINT INTO FALL

Schedule

September 22th –27th

SUNDAY						
			10:00am Gene			

MONDAY						
5:45am Ken	6:15am Ken		12:35pm Danielle			6:30pm Emmett

TUESDAY						
			9:30am Ken			

WEDNESDAY						
5:45am Ken	6:15am Ken		12:35pm Danielle			6:30pm Sharon

THURSDAY						
			9:30am Ken			

FRIDAY						
5:45am Danielle	8:00am Danielle		12:00/12:35pm Jen			

Class space subject to availability

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Class schedules subject to change

For more information please contact Gene Bonetti
856-424-4444 x1141 or gbonetti@jfedsnj.org

**Give us 20 minutes / we will give you the
cardio workout like no other!**

**Ask about a free class pass to try the 20-minute workout that
gives maximum results in minimal time!**

**We will even accommodate a free private class or session to
try out Sprint 8 for you to see why it is maximum results in
minimum time!**