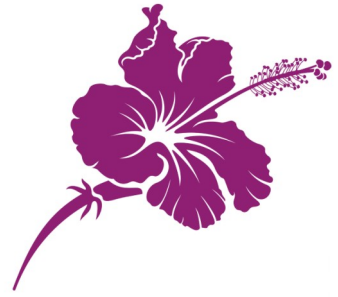


# High Intensity Group Fitness Classes



***Monday:*** 7:30pm **Zumba**  
8:30pm **Cross Training**

***Tuesday:*** 10:00am **Ballet Core/Zumba**  
6:00pm **Cardio Kickboxing**

***Wednesday:*** 6:00pm **Core Cardio/Pilates**  
7:00pm **Fusion Yoga**  
8:00pm **Ballet Core/Cardio**

***Thursday:*** 9:00am **Sculpt**  
8:00pm **Zumba**

***Saturday:*** 11:00am **Zumba**

***Sunday:*** 10:00am **Bootcamp**

\*Groupon good for these High Intensity classes only. The full class schedule (for members) includes other classes, such as yoga & pilates. You can view the full class schedule at [www.alanalife.com](http://www.alanalife.com) or call **718-748-7700**. Class schedule subject to change.