



A lifetime of fitness starts HERE!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>10:00 am Parent and Me</p> <p>3:45pm Cize™</p> <p>5:30pm Athlete Strength & Power</p> <p>6:15 Functional Conditioning Circuit</p>	<p>3:45pm Athlete Speed and Agility</p> <p>4:30pm Fitness Fundamentals</p> <p>4:00pm The BEST Class by KIDZWIN*</p> <p>4:50pm Core Stability and Agility by KIDZWIN*</p> <p>5:40pm Fitness Fusion by KIDZWIN*</p> <p>6:30pm Athlete Core Training</p>	<p>3:45pm Athlete Strength and Power</p> <p>4:30pm Funfit</p> <p>6:15pm Functional Conditioning Circuit</p> <p>6:30pm Youth Yoga</p>	<p>3:45pm Athlete Speed and Agility</p> <p>4:00pm The BEST Class by KIDZWIN*</p> <p>4:30pm Fitness Fundamentals</p> <p>4:50pm Core Stability and Agility by KIDZWIN*</p>	<p>4:30pm Youth Cycling</p>	<p>10:30am Fitness Fundamentals</p> <p>10:30am Funfit</p>	<p>9:15am Parent and Me Cancelled Easter Sunday 4/21</p>
					<p>Ages 0-3 Athletes</p> <p>Ages 4-6</p> <p>Ages 7+ Ages 10+ and 4'11" +</p>	<p>CORE FITNESS INC.</p> <p>(732)671-4030</p> <p>37 Kanes Lane Middletown, NJ 07748</p> <p>www.CoreFitnessGroupTraining.com</p>

*KIDZWIN is a special needs fitness program owned and operated by pediatric physical therapists. KIDZWIN runs independently of Core Fitness. Please visit www.kidzwin.net to register and learn more about their programs and pricing

Drop-ins are welcome but your space must be reserved 24 hours in advance by emailing corefitnessinfo@comcast.net
 Class schedule is subject to change. Please check www.corefitnessgrouptraining.com for current schedule

