



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>3:45pm Fitness Fundamentals</p> <p>4:30pm FunFit</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>7:00pm Fitness Fundamentals</p>	<p>3:45pm Athlete Strength and Power</p> <p>4:30pm Funfit</p> <p>6:15pm Fitness Fundamentals</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>3:45pm Functional Circuit</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 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

