



DAMIEN ROCHE

FITNESS CENTER

CLASS SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00 AM						RIP N' RIDE SANDY 8:00 AM – 9:00 AM	
8:30 AM							
9:15 AM	FIT CROSS DAMIEN	ANYTHING GOES LEANDRA	CIRCUITS DAMIEN	KETTLE BELL AMPD DEB STEVENS	CARDIO/CORE CIRCUTS DAMIEN		
10:15 AM	YOGA ZEN SANDY	* POUND LEANDRA	STRETCH FLOW SANDY	CARDIO SCULPT JEAN	SILVER SNEAKERS DAMIEN		
	SPIN DEB STEVENS	* ZUMBA LEANDRA			SPIN DEB STEVENS		
11:15 AM	SILVER SNEAKERS JEAN		SILVER SNEAKERS DAMIEN				
4:30 PM							
5:30 PM	KICKBOXING JULIE	TABATA DAMIEN	*X-TRAINING DAMIEN	SUPERSETS DAMIEN			
			*PIYO DEB MCGOWAN				
6:00 PM	SPIN LUKE		SPIN LUKE	YOGA MARY LOUISE 6:30 PM			
6:30 PM	SPIN LUKE	FIT BALL JEAN M	SPIN LUKE				

*Damien and Deb will be alternating each week with X-training and PiYo / Leandra will be alternating between Pound and Zumba
 damienrochefitness.com • 570-68MYGYM • 1346 Rte 739 • Dingmans Ferry, PA (across from Dingman Delaware Elementary School)