



The Bucks Club

Gym Hours

Mon thru Fri - 5:30am - 9:00pm

Sat & Sun - 7:00am - 6:00pm

Babysitting Hours

Everyday 8:00am - 12:00pm

Tues, Wed, Thurs 4:00pm - 8:00pm



The Bucks Club

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am - 6:15am		Cross Training Roy		Cross Training Roy			
6:30am - 7:30am	Mixed Level Yoga David		Mixed Level Yoga Lisa				
8:30am - 9:30am				Sculpt Kim			
9:00am - 9:30am			Express Pump & Crunch Irene				
9:00am - 10:00am					BootCamp Gail <i>(in Gym)</i>		
9:00am - 10:00am	Sculpt Kim				Mixed Level Yoga Naime		
9:00am - 10:15am						Mixed Level Yoga Marguerite	
9:30am - 10:00am			Tabata Training Irene				
9:30am - 10:30am		Mixed Level Yoga Tamara		Mixed Level Yoga Tamara			
10:00am - 11:00am	Family Zumba Diana		Zumba Diana		Zumba/Toning Diana		Dynamic Body Training Brian
10:15am - 11:15am						Step-up and Tone Jennifer	
10:30am - 11:30pm		Interval Training Donna					
11:00am - 11:30pm							Core Max Brian
11:15am - 12:15pm						Zumba Liz	
5:00pm - 6:00pm				Kids Yoga Felice			
6:00pm - 7:00pm	Mat Pilates Lisa	Dynamic Body Training Brian	Fitness Through Awareness Mike	Fit, Fast, Furious Irene			
7:00pm - 8:00pm		Yoga Bodies Lisa		Mixed Level Yoga Lisa			
7:15pm - 8:15pm	Zumba Sherri		Zumba Sherri				

Any questions or concerns, please contact the Fitness Director - Kim DeFrancesco at kdefrancesco@thebucksclub.com