


# Trufitness Group Exercise Schedule

Updated 02/01/2024

| Sunday | Monday   | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday |
|--------|--|---|---|--|---|----------|
|        | 7:00-7:45am<br><b>Intervals</b><br>with Shaune   | 7:00-7:45am<br>Tabata Fusion<br>with Ashley     | 6:00-6:50am<br><b>Body Awareness</b><br>with Alicia           | 8:30-9:15am<br>SilverSneakers<br>Classic with Jody | 6:00-6:50am<br><b>Beginner Yoga</b><br>with Alicia        |          |
|        | 9:00-9:45am<br><br>with Deb | 9:00-9:50am<br>SilverSneakers<br>Classic w/Judy | 9:00-10:00am<br><b>Intervals</b><br>with Shaune               | 9:45am-10:30am<br><b>Pilates</b><br>with Stephanie | 7:00-7:45am<br><b>HIIT</b><br>with Ashley                 |          |
|        | 10:00-10:50am<br><b>Total Body Circuit</b><br>"Silver Sneakers"<br>w/Deb                                     |   | 10:00-10:55am<br>SilverSneakers<br>Yoga & Balance<br>w/Shayne | 5:30pm-6:15pm<br><b>Yoga</b><br>with Jeanine       | 9:00-9:50am<br>Intervals & Mobility<br>with Shaune        |          |
|        | 5:00pm-5:45pm<br><b>Cardio Strength</b><br>with Kate   |   | 5:30pm-6:15pm<br><b>Total Body Strength</b><br>with Annette   |  | 10:15-11:00am<br><b>Active Older Adults</b><br>With Linda |          |

**DON'T FORGET TO CONTACT OUR TRAINERS FOR  
1 ON 1 GYM TRAINING SESSIONS!**

**Annette Barry: 315-415-3722**  
**Shaune Montgomery: 315-317-2922**



and stay up to date on class  
cancellation, closing, ect....

**Hours Of Operation: Monday-Thursday 5:30a - 8p Friday 5:30a - 7p Saturday 7a - 6p Sunday 7a - 5p**  
315-378-0617      www.trufitnessny.com

**\*Class Times Highlighted in Gray are Free for Members on Insurance Programs\***

