



1206 Sussex Turnpike  
 Randolph, NJ 07869  
 973-895-2003  
 www.wellnesscenternwj.com

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		8:00-9:00 Mat Pilates Adele		8:30-9:30 Mat/Reformer Pilates Adele	
9:00-10:00 Mat Pilates Adele	9:00-10:00 Women's Fitness Sherry	9:00-10:00 Tower Pilates Adele		9:45-10:45 Yoga Roseanne	
	10:15-11:15 Yoga Natasha	10:15-11:15 Mat Pilates Adele			
11:15-12:15 Chair Yoga Natasha				11:00-12:00 Mat Pilates Adele	
		12:30-1:30 Reformer Pilates Adele			
4:15-5:15 Yoga Roseanne		4:15-5:15 Teen-Yoga Natasha	4:15-5:15 Teen Fitness Timienne		
			6:30-7:30 Women's Fitness Timienne		
6:15-7:15 Mat Pilates Adele		6:15-7:15 Reformer Pilates Adele	7:30-8:15 Posture Fit Charlotte		

**All class schedules are  
 subject to change.**