



Carnegie Fitness Center

101 Carnegie Center, Lower Level



Monday

7:00 am	Cycling	Studio A, 101 Carnegie Center
12:00 pm	TRX	Studio B, 101 Carnegie Center
Noon	Gentle Yoga	Studio A, 101 Carnegie Center

Tuesday

Noon	All Levels Yoga	Studio A, 101 Carnegie Center
Noon	Core Reformer	Studio B, 101 Carnegie Center
5:00 pm	Midful Movement	Studio A, 101 Carnegie Center
5:30 pm	Trim & Tone with weights	Studio B, 101 Carnegie Center

Wednesday

7:00 am	Cycling	Studio A, 101 Carnegie Center
Noon	Mat Pilates	Studio B, 101 Carnegie Center

Thursday

Noon	All Levels Yoga	Studio A, 101 Carnegie Center
5:15 pm	Cycling	Studio A, 101 Carnegie Center

Friday

Noon	Abs Core & More	Studio B, 101 Carnegie Center
------	-----------------	-------------------------------

Email jennefit@comcast.net, call 609-577-5921 for more information or visit www.jennefit.com to register and sign up.

Pricing:

All Classes:

5 Classes:	\$55
10 Classes:	\$99
20 Classes:	\$195
Unlimited Monthly Classes:	\$75/mo. with a one-year contract

Personal Training:

30 minute sessions

5 sessions:	\$199
10 sessions:	\$349
20 sessions:	\$599

55 minute sessions

5 sessions:	\$349
10 sessions:	\$599
20 sessions:	\$999



*Class passes expire one year from date of purchase.

Announcements:



To schedule life coaching, visit cannoncrosscoaching.com.



If you are interested in a Running Club, please call 609-577-5921



To schedule classes or personal training sessions, visit www.jennefit.com or call Jenn Glazer at 609-577-5921.

Prices and class schedules are subject to change.
For the most up-to date schedule, including inclement weather changes and class cancellations visit www.jennefit.com.