



VARD Fitness/Meadows Spa Fitness for Women

www.MeadowsSpafitness.com Contact Us: VARDFITNESS@GMAIL.COM

Like us on FACEBOOK [Facebook.com/MeadowsSpa](https://www.facebook.com/MeadowsSpa) 718-740-5100

Hours: Monday – Friday 6:30AM - 12 PM & 5PM-9PM, Saturday - Sunday 8AM – 1PM

MONDAY

9AM Zumba

TUESDAY

9AM Yoga- Valerie

WEDNESDAY

9AM Zumba

THURSDAY

7PM Zumba - Louraine

6PM Pilates - Eti
7PM Zumba- LeeRose

6PM Total Body Work -
Miriam

6PM Spin-Tamar
7PM Zumba- Louraine

FRIDAY

9:30AM Zumba

SATURDAY

10:30 AM Zumba

SUNDAY

10:30 AM Zumba

***All Classes & Instructors are subject to change
*All Classes run approximately 50 minutes
*In addition to our Regular Schedule, we offer Master Classes, Group Training, Personal Training for an additional fee
*For Orientation see Front Desk to LEARN OR REVIEW FITNESS MACHINES FOR FREE****

