

## Training Station Athletic Clubs

### CLASS SCHEDULE

45 Channel Drive- Port Washington NY 11050 – Phone 516.767.1121  
[www.Trainingstationli.com](http://www.Trainingstationli.com)

### CLASS SCHEDULE

| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   | Sunday                                   |
|---|--|---|---|---|--|--|
| <p>8:45 am<br/>Full Body Pump<br/>Emily</p> <p>9:30 am<br/>Indoor Cycling<br/>Jen E.</p> <p>9:30 am<br/>TRX<br/>Andrea<br/><i>Additional fee applies</i></p> <p>***</p> <p>6:30 pm<br/>Strong Nation™<br/>(by Zumba™)<br/>Beatriz</p> | <p>8:30 am<br/>Fit Body<br/>Maria</p> <p>9:45 am<br/>Zumba™<br/>Beatriz</p> <p>***</p> <p>6:30 pm<br/>Full Body Pump<br/>Emily</p> | <p>6:00 am<br/>Indoor Cycling<br/>Jackie A.</p> <p>9:30 am<br/>Open Yoga<br/>Deborah</p> <p>9:30 am<br/>TRX<br/>Andrea<br/><i>Additional fee applies</i></p> <p>***</p> <p>6:30 pm<br/>Zumba™<br/>Beatriz</p> | <p>9:30 am<br/>Indoor Cycling<br/>Jen E.</p> <p>9:30 am<br/>Triple A<br/>(Abs, As* &amp; Arms)<br/>Andrea</p> <p>10:30 am<br/>Just Stretch<br/>(30 minutes)<br/>Jen E.</p> <p>***</p> <p>6:30 pm<br/>Mat Pilates<br/>Julia</p> <p>6:30 pm<br/>Restorative Yoga<br/>Jen E.</p> | <p>9:30 am<br/>Full Body Pump<br/>Emily</p> <p>9:30 am<br/>Basic Yoga<br/>Donna</p> <p>9:30 am<br/>TRX<br/>Andrea<br/><i>Additional fee applies</i></p> | <p>9:00 am<br/>Vinyasa Flow Yoga<br/>Julia</p> <p>9:00 am<br/>Triple A<br/>(Abs, As* &amp; Arms)<br/>Andrea</p> <p>10:00 am<br/>Zumba™<br/>Beatriz</p> | <p>9:30 am<br/>Open Yoga<br/>Deborah</p> |
| <p><b>*KIDS CLUB HOUSE*</b><br/>Monday – Friday: 8 am – Noon<br/><i>(Please see the front desk for payment options)</i></p>   |  |   |   | <p><b>*CLUB HOURS*</b><br/>Monday – Friday 5 am – 10 pm<br/>Saturday 7 am – 7 pm<br/>Sunday 7 am – 5pm</p>  |  |  |
| <h2 style="background-color: #4f7942; color: white; padding: 5px; display: inline-block;">EARLY FALL 2025 CLASS SCHEDULE</h2>   |  |   |   |   |  |  |