

Studio Hours
Monday -Thursday
 9:30am-1:30pm & 4:30pm-8:00pm.
Friday - 9:30am-1:30pm
Saturday 9:00am-11:00am

All other hours available by appointment or for scheduled classes.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM							
9:15 AM							
9:30 AM							
9:45 AM	BOOTCAMP 9:30-10:00am	SMALL GROUP TKO Kickboxing 9:30-10:15am	BOOTCAMP 9:30-10:00am	SMALL GROUP X-BIKING / CORE COMBO 9:30-10:15am	SMALL GROUP or YOGA MEMBERS THERAPEUTIC YOGA 8:30-9:45	BOOTCAMP 9:00-9:45am	
10:00 AM							
10:15 AM	SMALL GROUP TRX		SMALL GROUP TRX			SMALL GROUP TRX Suspension Training 10:00-10:45am	
10:30 AM	Suspension Training 10:15-11:00am	BOOTCAMP 10:30-11:00am	Suspension Training 10:15-11:00am	BOOTCAMP 10:30-11:00am			SMALL GROUP or YOGA MEMBERS RYTHMIC YOGA 10:30-11:45am
10:45 AM							
11:00 AM							
11:15 AM							
11:30 AM							
4:30 PM							
4:45 PM							
5:00 PM	KIDS Kickboxing/ TRX Mix Ages 11-15		KIDS Fitness Bootcamp AGES 6-10				
5:15 PM							
5:30 PM	4:45-5:30pm		4:45-5:30pm				
5:45 PM							
6:00 PM	BOOTCAMP 5:45-6:15pm	SMALL GROUP X-Bike / Core Combo 6:00-6:45pm	BOOTCAMP 5:45-6:15pm	SMALL GROUP TKO Kickboxing 6:00-6:40pm	**CARDIO KICKBOXING 5:45-6:45**		
6:15 PM							
6:30 PM	SMALL GROUP TRX		SMALL GROUP ADVANCED				
6:45 PM	Suspension Training 6:30-7:15pm	BOOTCAMP 6:45-7:15pm	TRX Suspension Training 6:30-7:15pm	BOOTCAMP 6:45-7:15pm			
7:00 PM					ZUMBA W/ CARLA CARDOSO 7:00-8:00PM		
7:15 PM							
7:30 PM							
7:45 PM		SMALL GROUP or YOGA MEMBERS		SMALL GROUP or YOGA MEMBERS			
8:00 PM		All Levels Yoga		RYTHMIC YOGA			
8:15 PM		7:30-8:45pm		7:30-8:45pm			
8:30 PM							
8:45 PM							

Please Note: Studio and class schedules are subject to change without notice. Classes may be added, revised or dropped as needed.

Inclement Weather Policy: Higher Choices Personal Fitness follows the Arlington Central School District schedule for delays and closings of classes. For morning delays, all AM classes will be cancelled. Please call ahead for afternoon / evening closings.

Go to www.HigherChoicesPersonalFitness.com for more information, updated schedules and Kids Fitness programs
 tel: 845-724-3830 cell: 845-489-1613 email: Donna@HigherChoicesPersonalFitness.com

FAMILY DISCOUNTS - 20% off Second Membership SENIOR (62+) and STUDENT DISCOUNT 10% off (does not apply to Friday KB or Zumba)

Refer a friend earn free training! Ask for details.

RESULTS DRIVEN PROGRAMS

Bootcamp

Unlimited classes, includes assessments & online meal planning.

An optimal, high intensity fat burning workout in 30 & 45 minutes using the best & most effective training techniques. Blast calories, lose body fat, build strength and core stability, increase cardiovascular and muscle endurance, improve balance and flexibility. (all levels encouraged!)

Small Group Training

Unlimited classes w/ membership includes online meal planning.(limited to 6-10 people, sign up basis)

XBike/Core Combo: For optimum calorie burn and toning. High intensity (low impact) cardio combined with core exercises will yield a maximum calorie burn while boosting your metabolism long after the workout is over.

TRX Suspension Training Gentle rehabilitation to athletic training! Build Core Stability, Strength, Endurance and Balance with this revolutionary training that relies on your own body weight! "It's All Core all the Time!"

TKO Kickboxing A total body workout that's not too technical. Trainer guided punching & kicking drills plus individual stations. Gain Athletic, Cardiovascular and Strength Conditioning and Blast Fat!

All levels Yoga - is open to a wide range; aimed toward a moderately vigorous level with modifications given for both beginning and more advanced students. Focuses equally on strength and flexibility. Everyone works to his or her own ability and comfort level.

Rythmic Flow Yoga - yoga poses choreographed in a sequential vinyasa flow. Includes beginners to advanced yoga poses, with strong emphases placed on alignment. Movements are synchronize with breath create an energizing flow. A great release for mind and body.

Therapeutic Yoga - Effective practice for those recovering from, or living with injury or illness. Blends supported postures, gentle yoga, breath work & guided meditation. An excellent choice for those who need something gentle yet effective for bringing the body into balance and reducing stress.

Yoga Only Membership

First Class Free. 18.00 Per Drop in.
 12 sessions for 192.00 or 8 Sessions for 140.00
 (8 or 12 sessions package to be used in 2 months)

**Friday Night Group Cardio Kickboxing W/MAX

An awesome group kickboxing class that does not contain "dancey" moves; just powerful kickboxing combinations to burn calories!

Complimentary for ALL current members!

8.00 per drop in or 30.00 for 6 weeks
 (expires 6 weeks from first class)

ZUMBA W/ Carla Cardoso

An exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness party! **FRIDAY NIGHT 7:00-8:00pm!**
 10.00 per drop in or 48.00 for 6 weeks (starts 9/23-10/28)