

Studio Hours
Monday -Thursday
9:30am-1:30pm & 4:45pm-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	BOOTCAMP 9:30-10:00am	High intensity strength/ cardio combo 9:30-10:15am	BOOTCAMP 9:30-10:00am	SMALL GROUP X-BIKING / CORE COMBO 9:30-10:15am		BOOTCAMP 9:00-9:45am	
9:45 AM							
10:00 AM							
10:15 AM	SMALL GROUP TRX Suspension Training 10:15-11:00am		SMALL GROUP HARD"CORE" (TRX, Pilates, X- bike, Core) 10:15-11:00am			TURBO TRX 10:00-10:30am 30 Minutes	
10:30 AM		BOOTCAMP 10:30-11:00am		BOOTCAMP 10:30-11:00am			
10:45 AM							SMALL GROUP or YOGA MEMBERS All Levels Yoga 10:30-11:45 am
11:00 AM							
11:15 AM							
11:30 AM							
4:30 PM							
4:45 PM							
5:00 PM							
5:15 PM							
5:30 PM							
5:45 PM	BOOTCAMP 5:45-6:15pm	High intensity strength/ cardio combo 6:00-6:45pm	BOOTCAMP 5:45-6:15pm	SMALL GROUP HARD"CORE" (TRX, Pilates, X- bike, Core) 6:00-6:45pm	X-Bike/ Cardio Interval 5:45-6:15pm		
6:00 PM							
6:15 PM							
6:30 PM	SMALL GROUP METABOLIC MIX 6:30-7:15pm	BOOTCAMP 6:45-7:15pm	SMALL GROUP TRX Suspension Training 6:30-7:15pm	BOOTCAMP 6:45-7:15pm	TRX 6:15-6:45pm		
6:45 PM							
7:00 PM							
7:15 PM					ZUMBA W/ CARLA CARDOSO 7:00-8:00pm		
7:30 PM							
7:45 PM		SMALL GROUP or YOGA MEMBERS All Levels Yoga 7:35-8:50 pm		SMALL GROUP or YOGA MEMBERS Rythmic Yoga 7:35-8:50 pm			
8:00 PM							
8:15 PM							
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.

Incident 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 - 15% off Second Membership SENIOR (62+) and STUDENT DISCOUNT 10% off (not all programs apply))

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)

Hard "Core" Focused on increasing core strength and stability using TRX, Pilates and other core training methods. Mixed with Trixter X-Biking intervals, fat burning and core activation is increased, giving you greater benefits in cardio conditioning and in streamlining your midsection.

Metabolic mix: TRX, VIPR, X-Bike, Kettle bells, Boxing, X-Biking are used to functionally train the body to improve muscular response, increase fat burn & metabolic rate, therefore increasing tone, strength, power & speed.

High intensity Strength/Cardio Combo - HIIT is an exercise strategy used to improve conditioning by using short bursts of cardio exercise which is beneficial to burning fat. These HIIT sessions are combined with traditional strength training to build lean muscle in addition to burning fat.

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!" (Turbo TRX - Fast paced 30 minute workout)

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.

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 Complimentary for ALL current members!

TRX Suspension Training & X-Biking is optimal for fat burning, total body & core conditioning ,in a low impact way!

Do 1/2 hour or 1 hour. 6 sessions held Fridays, Jan 20-Feb 24
5:45-6:45pm (x-bike 5:45-6:15pm) trx (6:15-6:45pm)

Non-Members 18.00 per class for (1hour) or 10.00 per class for (1/2 hour)
In advance (6) 1 hour classes 99.00. Sign ups required.

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 classes (to be used in 2 months) call for more information!