

<b>Class</b>	<b>Instructor(s)</b>	<b>AE Member Rate</b>	<b>Non-Member Rate</b>
<b>Zumba</b>	<b>Crystal Gaynor</b>	<b>\$15</b>	<b>\$15</b>
<i>An exhilarating, effective, easy-to-follow, Latin-inspired, calorie burning, dance fitness party!</i>			
<b>Body SHRED</b>	<b>Crystal Gaynor</b>	<b>\$15</b>	<b>\$15</b>
<i>Synergistic, High Intensity, Resistance, Endurance, and Dynamic training created by Jillian Michaels</i>			
<b>Mat Pilates</b>	<b>Crystal Gaynor</b>	<b>\$20</b>	<b>\$20</b>
<i>Providing a foundation of strength and power throughout the body, starting at the core</i>			
<b>Tune Up &amp; Body Conditioning</b>	<b>Vesko &amp; Andrea</b>	<b>\$27</b>	<b>\$30</b>
<i>Daily functional movements to rejuvenate the body, restore energy, create body awareness and balance</i>			
<b>Buti Yoga</b>	<b>Nicole Mustacchio</b>	<b>\$15</b>	<b>\$15</b>
<i>A powerful blend of tribal dance and primal movements, plyometrics, and vinyasa-style yoga</i>			
<b>MELT Method</b>	<b>Patrice Dlugos</b>	<b>TBD</b>	<b>TBD</b>
<i>MELT is a simple self-treatment that employs the use of gentle tools for the goals of fascial tissue remodeling, pain relief, and performance improvement</i>			
<b>Boxing Bootcamp</b>	<b>Chris Sladky</b>	<b>\$15</b>	<b>\$15</b>
<i>Learn fundamental boxing movements mixed with interval training that will build confidence, coordination, and leave you ready for the next round!</i>			
<b>Private Sessions</b>	<b>All Instructors</b>	<i>*instructors are available for private sessions / contact for prices &amp; scheduling</i>	

Classes are provided by Independent Contractors - Please contact Instructors directly regarding payment / packages / additional information

<b>Crystal Gaynor</b>	<i>Zumba / Pilates / SHRED</i>	CrystalGaynor@aol.com	973-868-3226
<b>Vesko &amp; Andrea</b>	<i>Conditioning / Dance</i>	VeskoAndrea@gmail.com	
<b>Camille Alonso</b>	<i>Private Yoga</i>	camiroso@verizon.net	973-487-043
<b>Nicole Mustacchio</b>	<i>Buti Yoga</i>	NicoleM0704@yahoo.com	
<b>Patrice Dlugos</b>	<i>MELT Method</i>	pdlugos@verizon.net	973-641-3160
<b>Chris Sladky</b>	<i>Boxing Bootcamp</i>	chris@switchfitnj.com	