



fall class schedule

October 1-December 30

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Jump Start Ages (7 - 11)	4:30pm	4:30pm	4:30pm	4:30pm	4:30pm	11:00am
	6:00pm	6:30pm	6:00pm	6:30pm		
Total Performance Ages (12 - 15)	5:30pm	4:30pm	5:30pm	4:30pm	5:30pm	10:00am
		6:30pm		6:30pm		
PEAK Ages (16+)	4:00pm	5:30pm	4:00pm	5:30pm	4:00pm	12:00pm
		6:30pm		6:30pm		
Adult Total Conditioning	8:30am	9:30am		9:30am	9:30am	9:00am
		6:30pm	6:30pm	6:30pm		

All reservations and cancellations must be received at least 2 hours before the start of any scheduled class.

QUESTIONS?

Contact Parisi Director, Scott Lancaster at 914-245-6993 or slancaster@clubfit.com





Booking Policies

PRE-REGISTRATION FOR TRAINING SESSION IS REQUIRED

- Pre-registration and cancellations for weekday sessions needs to be done **prior to 2 PM** the day of the session.
- Pre-registration and cancellations for Saturday sessions needs to be done **prior to 9PM Friday**.
- Late cancellation of an appointment will result in being charged for the session.
- Training sessions are subject to cancellation if there is no registration by the cutoff time.
- **Early registration is always appreciated** for all bookings and cancellations.
- We will try to accommodate registration after the cutoff, but we cannot guarantee a session will be available.
- Registration and cancellation for training sessions can be done via **on-line booking** or contacting reception at 914-245-4040 ext. 0
- Contact Mary Ann Helf, with additional questions at 914-245-4040 x1127.

All packages must be completed in 12 months from purchase date. Use of Club facilities not included in Non-member rates."



Jefferson Valley • 600 Bank Road • 914.245.4040 • clubfit.com