



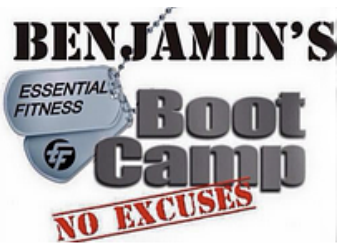
**ESSENTIAL  
FITNESS**



186 Broadway • Port Ewen, NY

# CLASS SCHEDULE

MON	TUE	WED	THUR	FRI	SAT
DANCE XROSS FITNESS 5:30 PM	BENJAMIN'S BOOTCAMP 5:45 PM	BATTLEFIT FOR BEGINNERS 6:00 PM  ESSENTIAL FUSION 6:00 PM	BATTLEFIT (CARDIOBOXING) 6:30 PM		BENJAMIN'S BOOTCAMP 9:15 AM



For more info or free assessment / evaluation, call Austin  
**845-332-4212** [www.iLoveEssentialFitness.com](http://www.iLoveEssentialFitness.com)