

# Paragon

520 East Saint Georges Ave.  
Linden, New Jersey  
908-587-1199

[WWW.PARAGONATHLETICCLUB.COM](http://WWW.PARAGONATHLETICCLUB.COM)



## Winter Schedule

### Club Hours

Monday -Friday 6:00AM - 11:00PM

Saturday & Sunday

8:00AM -6:00PM

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
6:00AM							
9:00AM							
10:00AM	Silver Sneakers®. Muscular Strength Dana	Silver Sneakers® Muscular Strength Tracie		Silver Sneakers® Cardio Circuit Dana			
11:00AM							
4:00PM		 Ages 4-7		 Ages 8-12			
5:30PM							
6:30PM							
7:30PM							

**Launch Dates**

**Group Kick**  
Mon, Jan 16<sup>th</sup> 6:30

**Group Centergy**  
Tues, Jan 17<sup>th</sup> 7:30

**Group Power**  
Wed, Jan 18<sup>th</sup> 5:30