



# Paragon Athletic Club Group Fitness Schedule

Monday

**SPECIAL!**  
**10-Pack Punch Card**

**\$60**

Only \$6/ Class

6:30 PM

**ZUMBA**

Wednesday

**Guest Drop In  
Rate  
\$10/class**

6:30 PM

**ZUMBA**

Thursday

**1<sup>st</sup> Indoor  
Cycle Class  
FREE!  
Bring a Friend!**

7:00 PM

**INDOOR  
CYCLING**

Saturday

9:00 AM

**INDOOR  
CYCLING**

10:00 AM

**ZUMBA**

908-587-1199

520 E St Georges Ave

Linden NJ

[www.ParagonAthleticClub.com](http://www.ParagonAthleticClub.com)

## Paragon Hours

Mon - Thurs 6am - 10pm

Friday 6am - 9pm

Sat 8am 6pm

Sun 8am- 4pm