


GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning					Weekend	
5:30am Power Hour Aerobics Room Laisa		5:30am Weights Aerobics Room Garrick		5:30am Power Hour Aerobics Room Laisa		
	8:30am Power Hour Aerobics Room Lynn	8:30am Weights Aerobics Room Lynn	8:30am Circuit Training Aerobics Room Lynn	7:00am Impact Boot Camp Garrick	8:00am BattleCry Boot Camp Outside Garrick	
9:30am Power Hour Aerobics Room Allison	9:30am Spin Aerobics Room Allison	9:30am Cardio Challenge Aerobics Room Allison		9:00am Trekking Treadmills/Outside Lynn (60 minutes)	8:30am Yoga Aerobics Room Summer	
		10:00am Impact Boot Camp In/Outside Garrick				
10:00am Impact Boot Camp In/Outside Garrick		10:30am Zumba Aerobics Room Laura		10:00am Impact Boot Camp In/Outside Garrick		
10:30am Zumba Aerobics Room Laura	11:30am Impact Fit Boxing Area Garrick (45 minutes)	11:30am Impact Fit Boxing Area Garrick	11:30am Impact Fit Boxing Area Garrick (45 minutes)	10:30am Zumba Aerobics Room Laura		
11:30am Impact Fit Boxing Area Garrick	12:15pm Impact Cycle Aerobics Room Garrick (45 minutes)	12:15pm Impact Cycle Aerobics Room Garrick (45 minutes)	12:15pm Impact Cycle Aerobics Room Garrick (45 minutes)			
Evening					<p>All Group Fitness Classes are now included with membership! See a fitness consultant for details!</p>  <p>All classes are 60 minute classes, unless otherwise stated. All classes are designed for both males and females, unless otherwise stated.</p>	
5:00pm Yoga Aerobics Room Summer	4:00pm Yoga Aerobics Room Summer		5:00pm Yoga Aerobics Room Summer	5:00 pm Impact Boot Camp In/Outside Garrick		
5:45pm Impact Boot Camp In/Outside Garrick	5:45pm Impact Boot Camp In/Outside Garrick (90 minutes)	5:30 pm Impact Boot Camp In/Outside Garrick	5:45pm Impact Fit Adv. Training Room Garrick (90 minutes)			
6:30pm Zumba Aerobics Room Rossana		6:00pm Spin Aerobics Room Heather	6:30pm Zumba Aerobics Room Rossana			