



HAPPY NEW YEAR!
 Please note: This is the schedule effective 1/9 /12

***Cycle classes require pre-registration.**
 Call 508-697-0374 to reserve your bike within 24 hours of the scheduled class.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle & PUMP* 5:30 – 6:30 AM Nancy		Cycle* & Strength 5:30 AM Janine			Cycle* 7:30 – 8:30 AM Lauren	
BODYBLAST w/ Cycle* (optional) 9:30 – 10:30ish AM Lauren	Total Body Toning 9:30 – 10:30 AM Kristine	BODYPUMP 9:30 – 10:30 AM Lisa	Zumba Toning 9:30 – 10:30 AM Kristine	BODYSTEP & PUMP 9:30 – 10:30 AM Donna	Zumba 8:30 – 9:30 Kristine	Step 8:30 – 9:30 Deb
					BODYSTEP & PUMP 9:30 – 10:30 AM Laurie	Legs, Arms, Abs &Glutes 9:30 – 10:30 AM Corinne
	Cycle Express 4 – 4:45 PM Michelle		Cycle Express 4 – 4:45 PM Kristina			Cycle Express* 10:30 – 11:15 AM Kristina
Pilates/Yoga 5 – 6 PM Christine M.	BODYPUMP 5 - 6 PM Laura J.	Pilates/Yoga 5 – 6 PM TBA	Zumba Toning 5 – 6 PM Kristine	BODYPUMP 5 – 6 PM Kerin	Gym Hours: Mon-Thurs 5:30am-10:00pm Friday 5:30am-9pm Saturday 7:00am-6pm Sunday 7:30am-6pm	
BODYSTEP 6 – 7 PM Laurie	Zumba 6 – 7 Kristine	Cardio Party 6 – 7 PM Corinne	20/20/20 6 – 7 PM Corinne			
BODYPUMP 7 – 8 PM Lisa	Cycle Express* 7 – 7:45 PM Lauren	BODYSTEP 7 – 8 PM Laurie	Cycle Express* 7 – 7:45 PM Janine			

NEW GROUP FITNESS CLASSES – Try them all!
 All classes may change without notice. Class attendance determines its stay on the schedule.
 Support your favorite classes by coming!