



**EFFECTIVE 7/14/17/ SUMMER SCHEDULE
(781)769-2340**

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STUDIO A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45–6:45am HOT POWER YOGA Kathleen		5:45–6:45am MUSCLE PLUS Kathleen	5:30-6:30 MUSCLE Paul	
8:15–9:15am CARDIO MIX Debbie	8:30-9:30am MUSCLE Kathleen	8:30–9:30am V-CORE W/O Kathleen	8:30–9:30am CARDIO-BOX Donna	8:30–9:30am 20/20/20 Nicole	8:30–9:25am CARDIO MIX Debra L/alt inst	8:00–9:00am MUSCLE Debra L
9:35–10:35am HOT POWER YOGA Kathleen	9:30–10:30am STEP & ABS Kathleen	9:45–10:45am PILATES Mary B	9:30–10:30am MUSCLE Donna	9:45–10:45am PILATES Pat	HIIT will return in Sept	9:15–10:05am INSANITY Debra L
			10:30-11:30 YOGA Kelly K		10:00–11:00 YOGALITE Kelly K	10:30–11:30 Aerobics Heidi
		5:00–5:30pm STRETCH Chris Y		5:00–5:30pm STRETCH Debbie/Traci		
		5:30–6:15pm XPRESS MUSCLE Donna	5:45-6:45pm STEP Heidi	5:30–6:15pm XPRESS MUSCLE Debbie/Traci		
	5:30-6:30pm Cardio Blast Paul	6:15–7:00pm HIIT Donna	7:00–8:00pm GENTLE YOGA Heidi	6:15-7:05pm INSANITY Judee		
	6:30–7:30pm PILATES Pat	7:15–8:15pm YOGA Lorella				

STUDIO B SIGN UP REQUIRED FOR BARRE CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45-8:30 Barre Xpress Kathleen	8:45–9:30am WORKOUT Nicole 7/17	9:00–10:00am INTERVAL Linda	8:30-9:30am WORKOUT Roberta	8:30–9:30am BARRE Kathleen	8:30-9:15am WORKOUT Traci	8:00–9:00am PILATES Pat
	9:30–10:15am AEROBICS Traci		9:30–10:15am CARDIO Roberta	9:30–10:30am INTERVAL Traci	9:15–10:00am AEROBICS Traci	9:00–9:30am WORKOUT Carol/Traci
	10:15–11:15am WORKOUT Traci		10:15–11:15am WORKOUT Michele		10:20–11:05am Barre Xpress Kathleen	9:30–10:15am AEROBICS Carol/Traci
	11:30-12:00pm STRETCH Traci K		11:30-12:00pm STRETCH Michele			
	5:00–6:30pm WO/AEROBICS Carol	4:00–5:00pm INTERVAL Linda	4:30–5:30pm WO-AER Carol			
	6:30–7:30pm BARRE Debbie M	6:00-6:45pm Barre Xpress Linda	5:45–6:30pm BARRE Linda			
		7:00–8:00pm ZUMBA Miranda				



EFFECTIVE 7/14/17

AQUA FITNESS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:00–11:00am AQUA AEROBICS Ginni	11:15–12:00pm WATER W/O Paul	10:00–11:00am AQUA AEROBICS Meesha	11:15–12:00 WATER W/O Paul	10:00–11:00am AQUA AEROBICS Ginni	8:45–9:45am AQUA FUSION Chris Y
	7:00–8:00pm AQUA AEROBICS Kathy	7:00–8:00pm ADV DEEP WATER Kelly M		7:00–8:00pm AQUA AEROBICS Kelly M		

SPINNING SIGN UP REQUIRED All classes are 1 hour except where noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am Dan	5:30am Meghan	5:45am Paul	6:45–7:30am Kathleen	5:45am Dan	7:00am Brian
8:30am Kathleen		9:30am Kathleen		9:30am Meghan	9:30-1015am Alt Instructors	9:00am Paul
	12:00–12:45pm Kathleen		12:00– 12:45am Debbie A			
	5:30pm Brian	6:15pm Debbie A	6:30–7:15pm George	5:30pm Natalie		

Small Group Training Classes Please inquire at the front desk for prices – monthly fees or drop-in rates available

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:00am BOOT CAMP Jason Aguiar	6:00am BOOT CAMP Jason Aguiar	6:00am BOOT CAMP Jason Aguiar		
						8:30am BOOT CAMP Jason Aguiar
	9:30am HIIT Jason	9:30am HIIT Jason Aguiar		9:30am HIIT Jason Aguiar		
						11-12 Noon MIXED GROUP
	6:00pm BOOTCAMP Jason Aguiar		6:00pm BOOTCAMP Jason Aguiar		6:00-7:30pm STRENGTH & CONDITIONING	