



**EFFECTIVE 5/11/18**

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**STUDIO A**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45-6:45am HOT POWER YOGA <b>Marissa</b>		5:45-6:45am MUSCLE PLUS <b>Kathleen</b>	5:30-6:30 MUSCLE <b>Paul</b>	
8:15-9:15am CARDIO MIX <b>Debbie</b>	8:30-9:30am MUSCLE <b>Kathleen</b>	8:30-9:30am V-CORE W/O <b>Kathleen</b>	8:30-9:30am CARDIO-BOX <b>Donna</b>	8:30-9:30am 20/20/20 <b>Nicole</b>	8:30-9:25am CARDIO MIX <b>Linda</b>	8:00-9:00am MUSCLE <b>Debra L</b>
9:35-10:35am YOGA <b>Deepak *sub</b>	9:30-10:30am STEP & ABS <b>Kathleen</b>	9:45-10:45am PILATES <b>Mary B</b>	9:30-10:30am MUSCLE <b>Donna</b>	9:45-10:45am PILATES <b>Pat</b>	10:15-11:15 YOGALITE <b>Kelly K</b>	9:15-10:05am INSANITY <b>Debra L</b>
			10:30-11:30 YOGA <b>Kelly K</b>			10:30-11:30 AEROBICS <b>Heidi</b>
		5:00-5:30pm STRETCH <b>Chris</b>		5:00-5:30pm STRETCH <b>Debbie/Traci</b>		
		5:30-6:15pm XPRESS MUSCLE <b>Donna</b>	5:45-6:45pm STEP <b>Heidi</b>	5:30-6:15pm XPRESS MUSCLE <b>Debbie/Traci</b>		
	5:30-6:30pm CARDIO BLAST <b>Paul</b>	6:15-7:00pm HIIT <b>Donna</b>	7:00-8:00pm GENTLE YOGA <b>Michele</b>	6:15-7:05pm INSANITY <b>Judee</b>		
	6:30-7:30pm PILATES <b>Pat</b>	7:15-8:15pm YOGA <b>Lorella</b>				

**STUDIO B SIGN UP REQUIRED FOR BARRE CLASSES**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:45-8:30 Barre Xpress <b>Kathleen</b>	8:45-9:30am WORKOUT <b>Nicole</b>	9:00-10:00am INTERVAL <b>Linda</b>	8:30-9:30am WORKOUT <b>Roberta</b>	8:30-9:30am BARRE <b>Kathleen</b>	8:45-9:30am WORKOUT <b>Traci</b>	
	9:30-10:15am AEROBICS <b>Traci</b>		9:30-10:15am CARDIO <b>Roberta</b>	9:30-10:30am INTERVAL <b>Traci</b>	9:30-10:15am AEROBICS <b>Traci</b>	8:00-9:00am PILATES <b>Pat</b>
	10:15-11:15am WORKOUT <b>Traci</b>		10:15-11:15am WORKOUT <b>Michele</b>		10:20-11:05am BARRE XPRESS <b>Kathleen</b>	9:00-9:30 WORKOUT <b>Carol/Traci</b>
	11:30-12:00pm STRETCH <b>Frank</b>		11:30-12:00pm STRETCH <b>Frank</b>			9:30-10:15 AEROBICS <b>Carol/Traci</b>
	5:00-6:30pm WO/AEROBICS <b>Carol</b>	4:00-5:00pm INTERVAL <b>Linda</b>	4:30-5:30pm WO-AER <b>Carol</b>	4:00-5:00 CARDIO BARRE <b>Kathy G</b>		
	6:30-7:30pm BARRE <b>Debbie M</b>	6:00-6:45pm BARRE Express <b>Linda</b>	5:45-6:30pm BARRE <b>Linda</b>			
		7:00-8:00pm ZUMBA <b>Rasheeda</b>				



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**AQUA FITNESS**

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

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am <b>Debbie A</b>	5:30am <b>Meghan</b>	5:45am <b>Paul</b>	6:45–7:30am <b>Kathleen</b>	5:45-6:30am <b>Brian</b>	7:00am <b>Brian</b>
8:30am <b>Kathleen</b>		9:30am <b>Kathleen</b>		9:30am-10:15 <b>Meghan</b>	9:30-1015am <b>Linda</b>	8:15-9:00 <b>Paul</b>
	12:00–12:45pm <b>Kathleen</b>		12:00– 12:45am <b>Debbie A</b>			9:30am <b>Paul</b>
	5:30pm <b>Brian</b>	6:15pm <b>Debbie A</b>	6:30–7:15pm <b>George</b>	5:30pm <b>Natalie</b>		

**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 <b>Jason Aguiar</b>	6:00am BOOT CAMP <b>Jason Aguiar</b>	6:00am BOOT CAMP <b>Jason Aguiar</b>		
						8:30am BOOT CAMP <b>Jason Aguiar</b>
	9:00am HIIT <b>Jason</b>	9:00am HIIT <b>Jason Aguiar</b>		9:00am HIIT <b>Jason Aguiar</b>		10:00- 11:00am Strength & Conditioning
						11:00-12:30 Strength & Conditioning
	3:00-4:30pm Strength & Conditioning	3:00-4:30pm Strength & Conditioning	3:00-4:30pm Strength & Conditioning	3:00-4:30pm Strength & Conditioning	3:00-4:30pm Strength & Conditioning	
	4:30-6:00pm Strength & Conditioning	4:30-6:00pm Strength & Conditioning	4:30-6:00pm Strength & Conditioning	4:30-6:00pm Strength & Conditioning	4:30-6:00pm Strength & Conditioning	
	6:00pm BOOTCAMP <b>Jason Aguiar</b>		6:00pm BOOTCAMP <b>Jason Aguiar</b>	6:00pm BOOTCAMP <b>Jason Aguiar</b>		
	7:00-8:00pm Strength & Conditioning	7:00-8:30pm Strength & Conditioning	7:00-8:30pm Strength & Conditioning	7:00-8:00pm Strength & Conditioning		