



EFFECTIVE 1/2/19

(781)769-2340

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STUDIO A

NEW CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:30am YOGA Marissa		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 Kathleen	8:30-9:30am CARDIO-BOX Donna	8:30-9:30am 20/20/20 Nicole	8:30-9:25am CARDIO MIX Sasha	8:00-9:00am MUSCLE Debra L
9:35-10:35am HOT PWR CORE 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		9:15-10:00am INSANITY Judee/Jess
	10:30-11:30 YOGALITE Kelly K		10:30-11:30 YOGA FLOW Lauren		10:30-11:30 YOGALITE Kelly K	10:30-11:30 CARDIO BLAST Heidi
		5:00-5:30pm STRETCH Chris		5:00-5:30pm STRETCH Debbie/Traci		11:30-12:30 YOGA Heidi
		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 Michele	6:15 INSANITY Judee		
	6:30-7:30pm PILATES Pat	7:15-8:15pm YOGA Lorella		7:15-8:15 GENTLE YOGA Kara		

STUDIO B *SIGN UP REQUIRED FOR BARRE CLASSES

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:45-9:30am WORKOUT Nicole	9:00-10:00am INTERVAL Sasha	8:30-9:30am WORKOUT Roberta	8:30-9:30am *BARRE Kathleen	8:45-9:30am WORKOUT Traci	
9:30-10:15 *BARRE Maggie	9:30-10:15am AEROBICS Traci		9:30-10:15am CARDIO Roberta	9:30-10:30am INTERVAL Traci	9:30-10:15am AEROBICS Traci	8:00-9:00am PILATES Pat
	10:15-11:15am WORKOUT Traci		10:15-11:15am WORKOUT Michele		10:20-11:05am *BARRE XPRESS Kathleen	9:00-9:30 WORKOUT Carol/Traci
	11:30-12:00pm STRETCH Frank		11:30-12:00pm STRETCH Frank			9:30-10:15 AEROBICS Carol/Traci
	5:00-6:30pm WO/AEROBICS Carol	4:00-5:00pm INTERVAL Jane	4:30-5:30pm WO-AER Carol	4:00-5:00 INTERVAL Sasha		
	6:30-7:30pm *BARRE Debbie M		5:45-6:30pm *BARRE Xpress Julie			
		7:00-8:00pm ZUMBA Rasheeda		6:30-7:30 ZUMBA Rasheeda		



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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 Ginni	11:15-12:00 WATER W/O Paul	10:00–11:00am AQUA AEROBICS Nancy	8:45–9:45am AQUA FUSION Alt Instructors
	7:00–8:00pm AQUA AEROBICS Kathy	7:00-8:00pm AQUA AEROBICS Meesha		7:00–8:00pm AQUA AEROBICS Kelly M		

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45am Debbie A	5:30am Meghan	5:45am Paul	6:45–7:30am Kathleen	5:45-6:30am Brian	7:00am Brian
8:30am Kathleen		9:30am Kathleen	8:45-9:30am Debbie A	9:30-10:15am Meghan	9:30-10:15am Jane	8:15-9:00am Paul
10:00-10:45am Brian/Megan						9:15 Paul
	5:30pm Brian	6:15pm Debbie A	6:30–7:15pm George	5:30-6:15pm Natalie		

PINNACLE SMALL GROUP TRAINING

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
ALL SESSIONS WITH JASON AGUIAR OF PINNACLE TRAINING		6:00am BOOT CAMP	6:00am BOOT CAMP	6:00am BOOT CAMP		7:00-800 BOOT CAMP	
						8:30am BOOT CAMP	
		9:00am HIIT	9:00am HIIT		9:00am HIIT		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	
		5:00-6:00pm BOOT CAMP	5:00-6:00pm BOOT CAMP	4:30-6:00pm Strength & Conditioning	5:00-6:00pm BOOT CAMP	4:30-6:00pm Strength & Conditioning	
		6:30-7:30pm BOOTCAMP		6:30pm BOOTCAMP	6:30-7:30pm BOOTCAMP		