



GROUP EX SCHEDULE

WEEK OF 11/23/2020 Holiday Week

781-769-2340 | <http://vanderbiltclub.com> | www.facebook.com/TheVanderbiltClub/
 Kathleen Marvelli, Director 508 272-7869 kathleenmsellsrealestate@gmail.com

AQUA Sign up starts a week in advance *S means SUB

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00–9:50am AQUA AEROBICS Ginni		9:00–9:50am AQUA AEROBICS Ginni		9:00–9:50am AQUA AEROBICS Nancy	
10:05–10:55am AQUA AEROBICS Ginni	11:15–12:00pm WATER W/O Paul	10:05–10:55am AQUA AEROBICS Ginni	Thanksgiving Day	10:05-10:55am AQUA AEROBICS Nancy	9:00–9:45am AQUA ZUMBA Rasheeda
6:45-7:45pm AQUA AEROBICS Kathy					

SPIN Sign up starts the day before at 5:00am

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25am Kathleen		5:45-6:30am Meghan	7:00-7:45am Paul	7:00-8AM 8:15-9:15AM Paul & Kathleen	7:00-7:45am George	7:00-7:45am Paul
	6:00PM George	7:00-7:45am Kathleen	8:15-9:00am Paul			8:15-9:00am Paul

INDOOR STUDIOS Sign up starts a week in advance

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15am WORKOUT Debbie A		5:45AM YOGA Marissa		8:30-9:15am MUSCLE Jess Sub	9:30-10:30 PILATES Pat – Studio A
9:30-10:15am AEROBICS Debbie C – Studio B	9:15-10:15am PILATES Pat – Studio A	8:30-9:15AM PILATES Jane	Thanksgiving Day	9:30-10:15am AEROBICS Debbie C Studio B	
4:30-5:30PM MUSCLE Natalie	5:00-6:00pm MUSCLE/CARDIO Carol	9:15AM-10:00 MUSCLE Jane Sub			
	6:30-7:30 GENTLE YOGA Lorella				

VIRTUAL CLASSES on ZOOM

Schedule & links posted Sundays on FB. Text Kathleen if you need the email version 508-272-7869

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30AM-6:30AM YOGA Lorella		6:00-6:45 Muscle Xpress Kathleen		8:00-9:00AM SHRED MUSCLE Paul	8:15–9:00AM HIIT Jess
8:30-9:45AM MUSCLE PLUS Kathleen	8:45-9:45AM VCORE Kathleen	8:30-9:15AM TOTAL BODY W/O 9:15-9:45AM STRETCH Kathleen			9:00–9:45AM MUSCLE Jess
5:30-6:30PM BOOTCAMP Paul		9:30-10:30AM ZUMBA Preeti		8:30AM-9AM 9:00-9:45AM Cardio 30/Barre 45 Kathleen	9:30-1030AM ZUMBA Preeti