



GROUP EX SCHEDULE

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

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	11:15-12:00 WATER W/O Paul	10:05-10:55am AQUA AEROBICS Nancy	9:00–9:45am AQUA ZUMBA Rasheeda
6:45-7:45pm AQUA AEROBICS Kathy			6:30-7:30PM WATER FITNESS Nancy		

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25am Kathleen +20 min abs		5:45-6:30am Meghan	7:00-7:45am Paul		7:00-7:45am George	7:00-7:45am Paul
	6:00PM George	7:00-7:45am Kathleen	8:15-9:00am Paul	7:00-7:45AM Kathleen +30 min Abs		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 Jane	9:30-10:30 PILATES Pat – Studio A
9:30-10:15am AEROBICS Debbie C – Studio A	9:15-10:15am PILATES Pat – Studio A	8:30-9:15AM PILATES Jane	9:00-10:00AM MUSCLE Michelle H	9:30-10:15am AEROBICS Debbie C Studio A	
4:30-5:30PM MUSCLE Natalie	5:00-6:00pm MUSCLE/CARDIO Carol	9:30-10:15am MUSCLE Debra L			
	6:30-7:30 GENTLE YOGA Lorella	5:30-6:30PM MUSCLE Jess			

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		5:45-6:40AM MUSCLE PLUS Kathleen		6:00-7:00AM 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	8:45-9:30AM Strength Sam	8:30-9AM 9:00-9:45Am Cardio 30/Barre 45 Kathleen	9:00–9:45AM MUSCLE Jess
5:30-6:30PM BOOTCAMP Paul		9:30-10:30AM ZUMBA Preeti			9:30-1030AM ZUMBA Preeti