



**Effective 3/9/2020**

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**STUDIO A**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:30-6:30am YOGA <b>Marissa</b>		5:30-6:30 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 CORE BLAST <b>Kathleen</b>	8:30-9:30am CARDIO-BOX <b>Donna</b>	8:30-9:30am Cardio/Muscle/Core <b>Nicole</b>	8:30-9:25 CARDIOMIX <b>Donna</b>	8:00-9:00am MUSCLE <b>Debra L</b>
9:30-10:30 Hot Power Core Yoga <b>Kathleen</b>	9:30-10:20am STEP & ABS <b>Kathleen</b>	9:45-10:45am PILATES <b>Mary B</b>	9:30-10:30am MUSCLE <b>Donna</b>	9:45-10:45 PILATES <b>Pat</b>	9:30-10:15 P90X <b>Sam</b>	9:15-10:00am INSANITY <b>Judee/Jess</b>
	10:30-11:30 YOGALITE <b>Kelly</b>		10:30-11:30 YOGA <b>Lauren</b>		10:20-11:20 YOGALITE <b>Kelly</b>	10:30-11:30 ZUMBA <b>Preeti</b>
	12:00-1:00 Inferno Pilates <b>Jane</b>	5:00-5:30pm STRETCH <b>Chris</b>		5:00-5:30pm STRETCH <b>Chris</b>		4:00-5:00 YOGA <b>Lorella</b>
	5:30-6:30pm MUSCLE <b>Paul</b>	5:30-6:15pm XPRESS MUSCLE <b>Donna</b>	5:45-6:45pm ZUMBA STEP <b>Esther</b>	5:30-6:15 MUSCLE <b>Jess</b>		
	6:30-7:30pm PILATES <b>Pat</b>	6:15-7:00pm HIIT <b>Donna</b>	7:00-8:00pm GENTLE YOGA <b>Michelle</b>	6:15-7:00 Cardio Blast <b>Judee</b>		
		7:15-8:15pm YOGA <b>Jan</b>		7:15-8:15 Gentle Yoga <b>Nancy M</b>		

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:45-9:30am WORKOUT <b>Nicole</b>	9:00-10:00am INTERVAL <b>Sam</b>	8:30-9:30am WORKOUT <b>Roberta</b>	5:30-6:30am PIYO <b>Marissa</b>	8:45-9:30am WORKOUT <b>Jane</b>	
9:30-10:15 BARRE <b>Maggie/Kathy</b>	9:30-10:15am AEROBICS <b>Debbie C</b>	10:00-11:00 ZUMBA <b>Rasheeda</b>	9:30-10:15 ZUMBA <b>Preeti</b>	9:20-10:20 INTERVAL <b>Sam</b>	9:30-10:15am AEROBICS <b>Debbie C</b>	8:00-9:00am PILATES <b>Pat</b>
	10:15-11:15am WORKOUT <b>Jane</b>		10:15-11:15am MUSCLE <b>Michelle</b>		10:20-11:05am *BARRE XPRESS <b>Kathleen</b>	9:00-10:00 INTERVAL <b>Carol/Sam</b>
	11:30-12:00pm STRETCH <b>Frank</b>		11:30-12:00pm STRETCH <b>Frank</b>			
	5:00-6:30pm WO/AEROBICS <b>Carol</b>	4:00-5:00 INTERVAL <b>Lorella</b>	5:00-6:00 WO/Aerobics <b>Carol</b>	4:00-5:00 INTERVAL <b>Debbie</b>		
	6:30-7:30pm *BARRE <b>Debbie M</b>		6:15-7:00 BARRE XPRESS <b>Kathy</b>			
		6:30-7:30 ZUMBA <b>Esther</b>		6:30-7:30 ZUMBA <b>Preeti</b>		



**EFFECTIVE 3/9/2020**

**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>Ginni</b>	11:15-12:00 WATER W/O <b>Paul</b>	10:00–11:00am AQUA AEROBICS <b>Nancy</b>	8:45–9:45am AQUA ZUMBA <b>Rasheeda</b>
	7:00–8:00pm AQUA AEROBICS <b>Kathy H</b>	7:00-8:00pm AQUA AEROBICS <b>Nancy</b>		7:00–8:00pm AQUA AEROBICS <b>Kelly M</b>		

**SPIN 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>	6:30-7:15 <b>Kathleen</b>	5:45-6:30am <b>Brian</b>	7:00am <b>Brian</b>
<b>8:30-9:15am</b> <b>Kathleen</b>		9:30am-10:15 <b>Kathleen</b>	9:30-10:15am <b>Debbie A</b>	9:30-10:15am <b>Meghan</b>	9:30-10:15 <b>Jane</b>	8:15-9:00am <b>Paul</b>
						9:30 <b>Paul</b>
	5:30pm <b>Brian</b>	6:15-7:00 <b>Jess</b>	<b>5:30-6:30</b> <b>George</b>			

**PINNACLE SMALL GROUP TRAINING**

monthly fees or drop-in rates available

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ALL SESSIONS WITH JASON AGUIAR  OF PINNACLE TRAINING</b>	6:00am BOOT CAMP	6:00am BOOT CAMP		6:00am BOOT CAMP		7:00 BOOT CAMP
						8:30am BOOT CAMP
	9:00am BOOTCAMP	9:00am BOOTCAMP		9:00am BOOTCAMP		
		5:00 Strength & Conditioning	5:00 Strength & Conditioning	5:00 Strength & Conditioning		
	6:15 Strength & Conditioning		6:15pm Strength & Conditioning	6:15 Strength & Conditioning		