



GROUP EX SCHEDULE

WEEK OF 5/3/2021

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	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			6:45- 7:45PM WATER FITNESS Nancy		

SPIN Sign up starts the day before at 5:00am all classes 45 min unless noted

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25AM +15 min abs Kathleen		5:45AM Meghan	5:45AM Paul		5:45AM w/ Brian begins 5/14	7:00AM Paul
	6:00PM George	7:00AM Kathleen	7:00AM Paul	7:00AM Kathleen +15 min Abs	7:00AM George	8:15-9AM +30 min Muscle Paul
			8:15AM Andrea			

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				6:00-6:45AM SHRED MUSCLE Paul	8:00–8:45AM HIIT Jess
8:30-9:45AM MUSCLE PLUS Kathleen	8:45-9:45AM VCORE Kathleen	9:30-10:30AM ZUMBA Preeti	9:15-10AM STRENGTH Sam	8:45-9:30AM CORE MUSCLE Sam	8:45-9:30AM MUSCLE Jess
5:30-6:30PM BOOTCAMP Paul					9:30-1030AM ZUMBA Preeti



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STUDIO A (ANNEX if noted)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		5:45-6:40AM MUSCLE PLUS Kathleen	5:45-6:30AM YOGA Marissa	6:00-6:45AM SHRED MUSCLE Paul (zoom and live)	
8:30-9:15AM WORKOUT Debbie A Annex	9:15-10:15AM PILATES Pat			POPUP BODY BLAST 8:15am KATHLEEN	
9:30-10:15AM AEROBICS Debbie C		9:30-10:25AM MUSCLE Debra L	9:15-10AM MUSCLE Sam	9:30-10:15AM AEROBICS Debbie C	8:00-8:45AM HIIT Jess (zoom & live)
10:30-11:30AM Gentle Yoga Marissa sub					8:45-9:30AM MUSCLE Jess (zoom & live)
4:45-5:45PM MUSCLE Natalie	6:30-7:30PM Gentle Yoga Gail	5:30-6:30PM MUSCLE Jess			
6:00-7:00PM PILATES Pat					

STUDIO B (Annex location if stated)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					8:00AM-9AM PILATES Pat
		8:30-9:15AM PILATES TONE Jane		8:30-9:15AM MUSCLE Jane Annex	9:15-10:00AM Cardio Mix Debbie A
		10:30-11:30AM MUSCLE Michelle		9:30AM POP UP BARRE KATHLEEN	
11:30-12Noon STRETCH Marissa	5:00-6:00PM Muscle/Cardio Carol	11:30-12Noon STRETCH Marissa			
	6:45-7:45PM ZUMBA Esther				