



GROUP EX SCHEDULE

WEEK 9/6/21

781-769-2340 | VanderbiltClub.com | Facebook.com/TheVanderbiltClub
 Kathleen Marvelli, Director 508 272-7869 kathleenmsellsrealestate@gmail.com

AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LABOR DAY CLOSED		9:00-9:50AM AQUA AEROBICS Ginni		9:00-9:50AM AQUA AEROBICS Nancy	
	11:15-12:00PM WATER W/O Paul	10:00-10:50AM AQUA AEROBICS Ginni	11:15-12:00PM WATER W/O Paul	10:00-10:50AM AQUA AEROBICS Nancy	9:00-10:00AM AQUA ZUMBA Rasheeda
			6:45-7:45PM WATER FITNESS Nancy		

SPIN Sign up starts the day before

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25AM +15 min abs Kathleen		5:45AM Meghan	5:45AM Paul			7AM-7:55AM Paul
		7:00AM Kathleen	7:00AM Paul	7:00AM Kathleen +15 min Abs	7:00AM George	8:15AM-9AM Paul
		6:15PM Andrea	8:30AM 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
		8:15-9:00AM FULL BODY WORKOUT Kathleen time change today only		5:45-6:30AM SHRED MUSCLE Paul	8:00-8:45AM HIIT Jess
8:30-9:45AM MUSCLE PLUS Kathleen	8:15-9:15AM V-CORE Kathleen				8:45-9:30AM MUSCLE Jess



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STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LABOR DAY CLOSED		5:45-6:40AM MUSCLE PLUS Kathleen	5:45-6:30AM YOGA Marissa	5:45-6:30AM SHRED MUSCLE Paul	
	8:15-9:15AM VCORE Kathleen			8:30-9:25AM BODY STEP BLAST Kathleen	
	9:45-10:45AM PILATES Pat	9:30-10:30AM MUSCLE Debra		9:30-10:15AM AEROBICS Debbie C	8:00-8:45AM HIIT Jess
			6:00-7:00PM ZUMBA Cheryl		8:45-9:30AM MUSCLE Jess
	6:30-7:30PM GENTLE YOGA Gail	5:30-6:30PM MUSCLE Jess			10:00-11:00AM ZUMBA Preeti

STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LABOR DAY CLOSED	9:00-10:00AM MUSCLE Marissa	8:30-9:15AM PILATES TONE S* Debbie	8:30-9:15AM BARRE Kathleen		8:00-9:00AM PILATES Pat
		9:30-10:25AM ZUMBA Preeti	9:30-10:30AM MUSCLE Michele	8:30-9:15AM MUSCLE S*Carol	9:15-10:15AM CARDIO MIX Debbie
		10:30-11:25AM MUSCLE Michele			
	5:00-6:00PM MUSCLE/CARDIO Carol	11:30-12Noon STRETCH Marissa			
	6:30-7:30PM ZUMBA Esther				