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	<h1>GROUP EX SCHEDULE</h1> <h2>WEEK 6/27/2022</h2>
	<p>781-769-2340   VanderbiltClub.com   Facebook.com/TheVanderbiltClub          Kathleen Marvelli, Director 508 272-7869 <a href="mailto:kathleenmsellsrealestate@gmail.com">kathleenmsellsrealestate@gmail.com</a></p>

## AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50AM AQUA AEROBICS <b>Sam</b>		9:00-9:50AM AQUA AEROBICS <b>S*Nancy</b>		9:00-9:50AM AQUA AEROBICS <b>Nancy</b>	9:00-9:45AM AQUA <b>S*TBD</b>
10:00-10:50AM AQUA AEROBICS <b>Sam</b>	11:15-12:00PM WATER W/O <b>Paul</b>	10:00-10:50AM AQUA AEROBICS <b>S*Nancy</b>	11:15-12:00PM WATER W/O <b>Paul</b>	10:00-10:50AM AQUA AEROBICS <b>Nancy</b>	
6:45-7:45PM AQUA AEROBICS <b>Kathy</b>			7:00-8:00PM WATER FITNESS <b>Nancy</b>		

**SPIN Sign up starts the day before/all classes are 45min unless noted**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:25AM +ABS <b>Kathleen</b>		5:45AM <b>Brian</b>	5:45AM <b>Paul</b>			7:00-7:55AM <b>Paul</b>
		7:00AM <b>Kathleen</b>	7:00AM <b>Paul</b>	7:00AM +ABS <b>Kathleen</b>	7:00AM <b>George</b>	8:15AM <b>Paul</b>
	6:00PM <b>George</b>	6:15PM <b>Andrea</b>		6:00PM <b>Andrea</b>	9:30AM will return 7/8	
			6:00PM <b>S*Debbie A</b>			

## 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
8:30-9:45AM MUSCLE PLUS <b>Kathleen</b>					8:00-8:45AM HIIT <b>Jess</b>
	8:15-9:15AM VCORE <b>Kathleen</b>	8:30-9:15AM HIIT <b>Kathleen</b>			8:45-9:30AM MUSCLE <b>Jess</b>



# GROUP EX SCHEDULE

**WEEK OF 6/27/2022**

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

## STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM YOGA CORE <b>Lorella</b>	5:45-6:30AM YOGA <b>Marissa</b>	5:45-6:40AM MUSCLE PLUS <b>Kathleen</b>	5:45-6:30AM YOGA FLEX <b>Lorella</b>	5:45-6:30AM SHRED MUSCLE <b>Paul</b>		
8:30-9:30AM MUSCLE PLUS <b>Kathleen</b>	8:15-9:15AM VCORE <b>Kathleen</b>	8:30-9:15AM HIIT INTERVAL <b>Kathleen</b>		<b>8:30-9:45AM</b> BODY BLAST PLUS <b>Kathleen</b>	8:00-8:45AM HIIT <b>Jess</b>	9:00-10:00AM CARDIO-MIX <b>Debbie A</b>
9:30-10:15AM Step & ABS <b>Kathleen</b>	9:45-10:45AM PILATES <b>Sharon</b>	9:30-10:30AM MUSCLE <b>Sam</b>	9:30-10:30AM Gentle Yoga <b>Kelly</b>		8:45-9:30AM MUSCLE <b>Jess</b>	
10:30-11:30AM YOGA <b>Kelly</b>		11:30-12:00 Stretch <b>Michelle</b>			10:00-11:00AM ZUMBA <b>Preeti</b>	
11:30AM-12:00 Stretch <b>Kelly</b>	5:00-6:00PM MUSCLE/CARDIO <b>Carol</b>	5:30-6:30PM MUSCLE <b>S*Natalie</b>	6:00-7:00PM ZUMBA <b>S*Esther</b>			
5:45-6:30PM HIIT <b>Paul</b>	6:30-7:30PM GENTLE YOGA <b>Gail</b>	6:45-7:45PM YOGA <b>Michelle</b>				

## STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:15AM MUSCLE <b>Debbie A</b>	9:00-10:00AM INTERVAL <b>Sam</b>	8:30-9:15AM PILATES TONE <b>S*Debbie A</b>	<b>8:15-9:00AM</b> BARRE <b>Kathleen</b>	8:30-9:30AM MUSCLE <b>Brittany</b>	8:00-9:00AM PILATES <b>Sharon</b>
9:30-10:15AM AEROBICS <b>Debbie C</b>		9:30-10:25AM ZUMBA <b>Preeti</b>	<b>9:15-10:10AM</b> MUSCLE <b>Michele</b>		9:15-10:15AM CARDIO MIX <b>Debbie A</b>
		10:30-11:25AM MUSCLE <b>Michele</b>	<b>10:15-11:00AM</b> AEROBICS <b>Debbie C</b>		
4:45-5:45PM MUSCLE <b>Natalie</b>	5:30-6:15PM BARRE <b>Kathy</b>				
6:00-7:00PM PIYO <b>Sharon</b>	<b>CX THIS WEEK</b>				