



GROUP X SCHEDULE

WEEK 1/23/2023

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

AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50AM AQUA AEROBICS Britt		9:00-9:50AM AQUA AEROBICS Ginni		9:30-10:30AM AQUA AEROBICS Nancy	8:45-9:45AM AQUA Britt
10:00-10:50AM AQUA AEROBICS Britt	11:15-12:00PM WATER W/O Paul	10:00-10:50AM AQUA AEROBICS Ginni	11:15-12:00 WATER W/O Paul		
6:45-7:45PM AQUA AEROBICS Kathy			7:00-8:00PM WATER FITNESS Nancy		

SPIN: sign up starts the day before & all classes are 45 min. unless noted

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM Dan	5:45AM Paul	7:00-7:45AM Kathleen		7:00-7:55AM Paul	8:30-9:25AM +ABS Kathleen
	7:00AM Kathleen	7:00AM Paul		7:00AM George	8:15AM Paul	
6:00PM George	6:15PM Andrea	9:30AM Jane	6:00PM Andrea	9:45AM Kathleen		

ZOOM VIRTUAL CLASSES

Schedule & links posted Sundays on FB. Text Kathleen if you need the email version 508-272-7869

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30-9:30AM MUSCLE PLUS Kathleen				5:45-6:30AM SHRED MUSCLE Paul	8:00-8:45AM HIIT Jess
	8:15-9:15AM VCORE Kathleen				8:45-9:30AM MUSCLE Jess



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STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:45AM YOGA CORE Lorella	5:45-6:30AM YOGA Marissa	5:45-6:40AM MUSCLE PLUS Kathleen	5:45-6:30AM YOGA FLEX Lorella	5:45-6:30AM SHRED MUSCLE Paul		9:00-10:00AM CARDIO-MIX Debbie A
8:30-9:30AM MUSCLE PLUS Kathleen	8:15-9:15AM VCORE Kathleen	8:30-9:15AM HIIT Debra	8:30-9:15AM INTERVAL Karen	8:30-9:30AM BODY BLAST Kathleen	8:00-8:45AM HIIT Jess	Begins 2/5 10:00-11:00 HOT POWER YOGA 6 WKS w/Kathleen
9:30-10:15AM STEP & ABS Kathleen	9:45-10:45AM PILATES Sharon	9:30-10:30AM MUSCLE Debra	9:30-10:30AM SLOW FLOW YOGA Kelly	9:45-10:45AM Gentle Yoga Julie	8:45-9:30AM MUSCLE Jess	
10:30-11:30AM SLOW FLOW YOGA Sub Julie	10:45-11:15AM STRETCH Sharon				10:00-11:00 ZUMBA Preeti	
11:30-12Noon STRETCH Sub Julie	5:00-6:00PM MUSCLE/CARDIO Carol	5:30-6:30PM MUSCLE Jess	6:00-7:00PM ZUMBA Cheryl			
5:45-6:30PM HIIT Paul	6:30-7:30PM GENTLE YOGA Gail	6:45-7:45PM GENTLE YOGA Michele M				

STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15AM MUSCLE Debbie A	8:30-9:25AM FUNCTIONAL TRAINING Britt	8:30-9:15AM PILATES TONE Jane	8:30-9:15AM BARRE Kathleen	8:30-9:15AM MUSCLE Karen	8:00-9:00AM PILATES Sharon	10:00-10:45AM BARRE/ Brittany
9:30-10:15AM AEROBICS Debbie C	9:30-10:15AM BARRE Michelle S	9:30-10:25AM ZUMBA Preeti	9:30-10:30AM MUSCLE Michele H	9:30-10:15AM AEROBICS Debbie C	9:15-10:15AM CARDIO MIX Debbie A	
10:30-11:15AM MUSCLE Michelle S		10:30-11:25AM MUSCLE Michele H				
4:45-5:45PM MUSCLE Natalie	5:30-6:15PM BARRE Kathy	11:30-12Noon STRETCH Michele H				
	6:30-7:30PM ZUMBA Esther	5:45-6:30PM Cardio Kickbox Petra				

TBD= to be determined **SUB=** Substitute **CX=**cancelled