



GROUP X SCHEDULE

WEEK 12/11/2023

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		9:00-9:50AM AQUA AEROBICS Susan	8:45-9:30AM AQUA Nancy
10:00-10:50AM AQUA AEROBICS Britt	11:15-12:00PM WATER W/O Paul	10:00-10:50AM AQUA AEROBICS Ginni	11:15-12:00PM WATER WO Paul	10:00-10:50AM AQUA AEROBICS Nancy	
6:45-7:45PM AQUA Kathy H			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	
	7:00AM Kathleen	7:00AM Paul		7:00AM George	8:15AM Paul	8:30-9:25AM & ABS Kathleen
6:00PM George	6:15PM Andrea		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	
	8:15-9:15AM VCORE Kathleen				



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STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM 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		
8:30-9:30AM MUSCLE PLUS Kathleen	8:15-9:15AM VCORE Kathleen	8:30-9:15AM HIIT Karen	8:30-9:15AM INTERVAL Karen	8:30-9:30AM BODY BLAST Kathleen	8:00-8:45AM HIIT Sub Judee	8:45-9:45AM INTERVAL Debbie A
9:30-10:15AM STEP Kathleen	9:45-10:45AM PILATES Grant	9:30-10:30AM MUSCLE Karen	9:30-10:30AM SLOW FLOW YOGA Kelly	9:45-10:45AM Gentle Yoga Julie	8:45-9:30AM MUSCLE Sub Judee	
10:30-11:30AM SLOW FLOW YOGA Sub Julie					9:45-10:45AM ZUMBA Preeti	
11:30-12Noon STRETCH Sub Julie	5:00-6:00PM MUSCLE/CARDIO Carol	5:30-6:30PM MUSCLE Tara	6:15-7:15PM ZUMBA Preeti			
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 INTERVAL Michelle S	8:30-9:20AM PILATES TONE Jane	8:30-9:15AM BARRE Kathleen	8:30-9:25AM MUSCLE Jane	8:00-8:55AM PILATES Grant	
9:30-10:15AM AEROBICS Debbie C	9:30-10:15AM BARRE Michelle S	9:30-10:25AM ZUMBA Preeti	9:30-10:25AM MUSCLE Michelle S	9:30-10:15AM AEROBICS Debbie C	9:00-9:55AM CARDIO MIX Debbie A	BARRE 10:00- 10:45 Sub Kathy G (17th)
		10:30-11:25AM MUSCLE Michele H			10:00-10:45AM AEROBICS Heidi	
4:45-5:45PM MUSCLE Natalie	5:30-6:15PM BARRE Kathy	11:30-12Noon STRETCH Michele H				
	6:30-7:30PM ZUMBA Cheryl	5:45-6:30PM Cardio Kickbox Petra	5:30-6:15PM BARRE Kathy			

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