



# GROUP X SCHEDULE

**WEEK 7/29/2024**

781-769-2340 | VanderbiltClub.com | Facebook.com/TheVanderbiltClub  
 Kathleen Marvelli, Director 508 272-7869 [kathleenmsellsrealestate@gmail.com](mailto:kathleenmsellsrealestate@gmail.com)

## AQUA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:50AM AQUA AEROBICS <b>Karen</b>		9:00-9:50AM AQUA AEROBICS <b>Sub Nancy</b>		9:00-9:50AM AQUA AEROBICS <b>Nancy</b>	8:45-9:30AM AQUA <b>Britt</b>
10:00-10:50AM AQUA AEROBICS <b>Karen</b>	11:15-12:00PM WATER W/O <b>Paul</b>	10:00-10:50AM AQUA AEROBICS <b>Sub Susan</b>	11:15-12:00PM WATER WO <b>Paul</b>	10:00-10:50AM AQUA AEROBICS <b>Susan</b>	
6:45-7:45PM AQUA <b>Kathy H</b>			7:00-8:00PM WATER FITNESS <b>Nancy</b>		

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM <b>Dan</b>	5:45AM <b>Paul</b>	7:00AM <b>Kathleen +abs</b>		7:00-7:55AM <b>Sub TBD</b>	
	7:00AM <b>Kathleen</b>	7:00AM <b>Paul</b>		7:00AM <b>George</b>	8:15AM <b>Sub TBD</b>	8:30-9:30AM <b>Kathleen +abs</b>
6:00PM <b>George</b>	6:15PM <b>Andrea</b>		6:00PM <b>Andrea</b>	9:45AM <b>Kathleen</b>		

## 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 <b>Kathleen</b>				5:45-6:30AM MUSCLE SHRED <b>Paul</b>	
<b>10:30-11:30</b> Senior Strength & Stretch <b>Katy</b>	8:15-9:15AM VCORE <b>Kathleen</b>		<b>10:30-11:30</b> Senior Strength & Stretch <b>Katy</b>		



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## STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM YOGA <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>		
<b>7:00-7:45AM</b> <b>XPRESS MUSCLE</b> —Kathleen— <b>8:30-9:30AM</b> MUSCLE PLUS <b>Kathleen</b>	8:15-9:15AM VCORE <b>Kathleen</b>	8:30-9:15AM HIIT <b>Karen</b>	8:30-9:15AM INTERVAL <b>Tara</b>	8:30-9:30AM BODY BLAST <b>Kathleen</b>	8:00-8:45AM HIIT <b>Jess</b>	8:45-9:45AM INTERVAL <b>Debbie A</b>
9:30-10:15AM STEP <b>Kathleen</b>	9:45-10:45AM PILATES <b>Pat</b>	9:30-10:30AM MUSCLE <b>Karen</b>	9:30-10:30AM SLOW FLOW YOGA <b>Sub Katy</b>	9:45-10:45AM Gentle Yoga <b>Julie</b>	8:45-9:30AM MUSCLE <b>Jess</b>	
10:30-11:30AM SLOW FLOW YOGA <b>Marissa</b>			10:35-11:20AM AEROBICS <b>Debbie C</b>		9:45-10:45AM ZUMBA <b>Preeti</b>	
11:30-12Noon STRETCH <b>Marissa</b>	5:00-6:00PM MUSCLE/CARDIO <b>Carol</b>	5:30-6:30PM MUSCLE <b>Tara</b>	6:15-7:15PM ZUMBA <b>Preeti</b>			
5:45-6:30PM HIIT <b>Paul</b>	6:30-7:30PM GENTLE YOGA <b>Gail</b>	6:45-7:45PM GENTLE YOGA <b>Sub Heidi</b>				

## STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15AM MUSCLE <b>Debbie A</b>	8:30-9:25AM INTERVAL <b>Michelle S</b>	8:30-9:20AM PILATES TONE <b>Sub Pat</b>	8:30-9:15AM BARRE <b>Kathleen</b>	8:30-9:25AM MUSCLE <b>Susan</b>	8:00-8:55AM PILATES <b>Pat</b>	
9:30-10:15AM AEROBICS <b>Debbie C</b>	9:30-10:15AM BARRE <b>Michelle S</b>	9:30-10:25AM ZUMBA <b>Sub Cindy</b>	9:30-10:25AM MUSCLE <b>Michelle S</b>		9:00-9:55AM CARDIO MIX <b>Debbie A</b>	10:00AM BARRE <b>Brittany</b>
10:30-11:30AM Fit for life <b>Katy</b>		10:30-11:25AM MUSCLE <b>Michele H</b>	10:30-11:30AM FIT FOR LIFE <b>Katy</b>		10:00-10:45AM AEROBICS <b>Heidi</b>	
4:45-5:45PM MUSCLE <b>Natalie</b>	5:30-6:15PM BARRE <b>Kathy G</b>	11:30-12Noon STRETCH <b>Michele H</b>				
6:30PM PILATES <b>Grant</b>	6:30-7:30PM ZUMBA <b>Cheryl</b>	5:45-6:30PM Cardio Kickbox <b>Petra</b>	5:30-6:15PM BARRE <b>Kathy G</b>			

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