



GROUP X SCHEDULE

WEEK 9/30/2024

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 Karen		9:00-9:50AM AQUA AEROBICS Sub Nancy		9:00-9:50AM AQUA AEROBICS Sub Ginni	8:45-9:30AM AQUA Britt
10:00-10:50AM AQUA AEROBICS Karen	11:15-12:00PM WATER W/O Paul	10:00-10:50AM AQUA AEROBICS Sub Nancy	11:15-12:00PM WATER WO Paul	10:00-10:50AM AQUA AEROBICS Sub Ginni	
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	7:00AM Kathleen		7:00-7:55AM Paul	
	7:00AM Kathleen	7:00AM Paul		7:00AM George	8:15AM Paul	8:30-9:30AM Kathleen +abs
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	8:15-9:15AM VCORE Kathleen			5:45-6:30AM MUSCLE SHRED Paul	
10:30-11:30 Senior Strength & Stretch Katy	10:30-11:30 YOGA Katy	10:30-11:30AM PILATES Katy	10:30-11:30 Senior Strength & Stretch Katy		



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STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45-6:30AM Foam Roller & 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		
7:00-7:45AM XPRESS MUSCLE Kathleen 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 Jess	8:45-9:45AM INTERVAL Debbie A
9:30-10:15AM STEP Kathleen	9:45-10:45AM PILATES Pat	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 Jess	
10:30-11:30AM SLOW FLOW YOGA Kelly		10:30-11:30AM SENIOR PILATES Katy			9:45-10:45AM ZUMBA Preeti	
11:30-12Noon STRETCH Kelly	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 Michelle 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 Sub Debbie A	8:00-8:55AM PILATES Pat	
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	10:00AM BARRE Brittany
10:30-11:30AM Fit for life Katy	10:30-11:30AM Senior Gentle Yoga Katy	10:30-11:25AM MUSCLE Michelle H	10:30-11:30AM FIT FOR LIFE Katy		10:00-10:45AM AEROBICS Heidi	
4:45-5:45PM MUSCLE Sub Kathy H	5:30-6:15PM BARRE Kathy G	11:30-12Noon STRETCH Michelle H				
6:30PM PILATES Grant	6:30-7:30PM ZUMBA Cheryl	Kickbox cancelled Returns 10/16	5:30-6:15PM BARRE Kathy G			

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