



# GROUP X SCHEDULE

**WEEK 11/18/2024**

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>Sub Nancy</b>		9:00-9:50AM AQUA AEROBICS <b>Ginni</b>		9:00-9:50AM AQUA AEROBICS <b>Nancy</b>	8:45-9:30AM AQUA <b>Sub Nancy</b>
10:00-10:50AM AQUA AEROBICS <b>Sub Nancy</b>	11:15-12:00PM WATER W/O <b>Paul</b>	10:00-10:50AM AQUA AEROBICS <b>Ginni</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</b>		7:00-7:55AM <b>Sub Debbie A</b>	
	7:00AM <b>Kathleen</b>	7:00AM <b>Paul</b>		7:00AM <b>George</b>	8:15AM <b>Sub Jane</b>	8:30-9:30AM <b>Kathleen +abs</b>
6:00PM <b>George</b>	6:00PM <b>Andrea</b>	9:30AM <b>Jane</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>	8:15-9:15AM VCORE <b>Kathleen</b>			5:45AM-6:30AM SHRED MUSCLE <b>Paul</b>	
10:30-11:30 Senior Strength & Stretch <b>Katy</b>	10:30-11:40 YOGA <b>Katy</b>	10:30-11:30AM PILATES <b>Katy</b>	10:30-11:30 Senior Strength & Stretch <b>Katy</b>		



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## STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am-6:30AM CORE YOGA Sub Mann	5:45-6:30AM YOGA Marissa	5:45-6:40AM MUSCLE PLUS Kathleen	5:45-6:30AM YOGA FLEX Sub Marissa	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 Sub Tara	8:30-9:15AM INTERVAL Sub Tara	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 Sub Tara	9:30-10:30AM SLOW FLOW YOGA Sub Julie	9:45-10:45AM Gentle Yoga Julie	8:45-9:30AM MUSCLE Jess	
10:30-11:30AM SLOW FLOW YOGA Sub Marissa		10:30-11:30AM PILATES Katy			9:45-10:45AM ZUMBA Preeti	
11:30-12Noon STRETCH Sub Marissa	5:00-6:00PM MUSCLE/CARDIO Kathy H	5:30-6:30PM MUSCLE Sub Kathy G	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 Sub Jane	8:30-9:20AM PILATES TONE Jane	8:30-9:15AM BARRE Kathleen	8:30-9:25AM MUSCLE Jane	8:00-8:55AM PILATES Pat	
9:30-10:15AM AEROBICS Debbie C	9:30-10:15AM BARRE Sub TBD	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	10:30-11:40AM 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-7:15PM PILATES Grant	6:30-7:30PM ZUMBA Cheryl	5:45PM KICKBOX Petra	5:30-6:15PM BARRE Kathy G			

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