



GROUP X SCHEDULE

WEEK 12/23/2024

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 Sub Nancy					8:45-9:30AM AQUA Susan
10:00-10:50AM AQUA AEROBICS Sub Nancy	11:15-12:00PM WATER W/O Paul				
6:45-7:45PM AQUA Kathy H					

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45AM Dan		7:30AM Sub George		7:00-7:55AM Paul	
	7:00AM Kathleen			7:00AM George	8:15AM Paul	8:30-9:30AM Kathleen +abs
6:00PM George	Close @3pm		close@3pm	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			5:45AM-6:30AM SHRED MUSCLE Paul	
10:30-11:30 Senior Strength & Stretch Katy	10:30-11:40 YOGA Katy				



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STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am-6:30AM Foam Roller & Core Lorella	5:45-6:30AM YOGA Marissa		Open 7am-3pm Dec 26th	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		8:30-9:25AM INTERVAL Kathy G	8:30-9:30AM BODY BLAST Kathleen	8:00-8:45AM HIIT Jessica	8:45-9:45AM INTERVAL Debbie A
9:30-10:15AM STEP Kathleen	9:45-10:45AM PILATES Pat		9:30-10:30AM ZUMBA Preeti	9:45-10:45 Gentle Yoga Julie	8:45-9:30AM MUSCLE Jessica	
10:30-11:30AM SLOW FLOW YOGA Sub Marissa		Closed Xmas	10:45-11:45AM YOGA Chandana		9:45-10:45AM ZUMBA Preeti	
11:30-12Noon STRETCH Sub Marissa						
5:45-6:30PM HIIT Paul						

STUDIO B

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30-9:15AM MUSCLE Debbie A	8:30-9:25AM INTERVAL Michelle S			8:30-9:25AM MUSCLE Jane	8:00-8:55AM PILATES Pat	
9:30-10:15AM AEROBICS Debbie C	9:30-10:15AM BARRE Michelle S		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 Sub Kathy G
10:30-11:30AM Fit for life Katy	10:30-11:40AM GENTLE YOGA Katy				10:00-10:45AM AEROBICS Heidi	
4:45-5:45PM MUSCLE Sub Ginny C	Close @3pm		Close @3			

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