



GROUP X SCHEDULE

WEEK 12/29/2025

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 Stacey		9:00-9:50AM AQUA AEROBICS Sub Britt	New Years Day No Aqua	9:00-9:50AM AQUA AEROBICS Nancy	8:45-9:30AM AQUA Karen
10:00-10:50AM AQUA AEROBICS Sub Stacey	11:15-12:00PM WATER W/O Sub Ginni	10:00-10:50AM AQUA AEROBICS Sub Nancy		10:00-10:50AM AQUA AEROBICS Nancy	
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	5:45AM Paul	SPINTASTIC 75min	7:00AM George	7:00-7:55AM Paul	
	7:00AM Kathleen	7:00AM Paul	9:00-10:15AM Paul & Kathleen + ABS		8:15AM Paul	8:30-9:30AM Kathleen +abs @9:30
6:00PM Sub Kathy H	6:00PM Andrea	9:30AM Jane		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 SHRED MUSCLE Paul	



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STUDIO A

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am-6:30AM Gentle Yoga Flow Marissa	5:30 Foam Roller 5:45-6:30AM YOGA Lorella	5:45-6:40AM MUSCLE PLUS Sub Debbie A		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	Open 9AM 9:15-10:15AM INTERVAL Karen	8:30-9:30AM BODY BLAST Kathleen	8:00-8:45AM HIIT Michelle S	8:45-9:45AM INTERVAL Debbie A
9:30-10:20AM STEP & ABS Kathleen	9:45-10:45AM PILATES Pat	9:30-10:20AM MUSCLE Karen	10:30-11:30AM YOGA Kelly	9:45-10:45AM Gentle Yoga Sub Kelly	8:50-9:35AM MUSCLE Kathy G	
10:30-11:30AM SLOW FLOW YOGA Chandana	11:30AM TAI CHI Fee Based Inquire at desk	New Years Eve			9:45-10:45AM ZUMBA Sub Cindy	
11:30-12Noon STRETCH Chandana	5:00-6:00PM MUSCLE/CARDIO Kathy H					
5:45-6:30PM/HIIT Paul ***** 6:45PM YOGA FLOW Chandana	6:30-7:30PM GENTLE YOGA Gail					

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		7:30-8:15AM PILATES TONE 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 ZUMBA Cindy	9:30-10:30AM MUSCLE Tara	8:30-9:25AM MUSCLE Jane	9:00-9:55AM CARDIO MIX Debbie A	10:00-10:45 BARRE Brittany
		10:30-11:25AM MUSCLE Michelle H		9:30 AEROBICS Debbie C	10:00-10:45AM AEROBICS Heidi	
4:45-5:45PM MUSCLE Sub Tara	5:30-6:15PM BARRE Kathy G	11:30-12Noon STRETCH Michele H				
	6:30-7:30PM ZUMBA Sub Cindy					

TBD= to be determined **SUB=** Substitute **CX=**cancelled **FEE CLASS=** ASK AT DESK