GROUP X SCHEDULE (Week 11/2/26)

781-769-2340 | vanderbiltclub.com | facebook.com/TheVanderbiltClub
Kathleen Marvelli, Director 508-272-7869
kathleenmsellsrealestate@gmail.com

STUDIO A

MON	TUE	WED	THU	FRI	SAT	SUN
5:45-6:30AM Gentle Yoga Flow **Marissa**	5:30AM Foam Roller 5:45-6:30AM YOGA **Lorella**	5:45-6:40AM MUSCLE PLUS **Kathleen**	5:45-6:30AM YOGA FLEX **Lorella**	5:45-6:30AM SHRED MUSCLE **Paul**	—	—
7:00-7:50AM **Xpress Muscle Kathleen**					8:00-8:45AM HIIT **Michelle S**	8:45-9:45AM INTERVAL **Debbie A**
8:30-9:30AM MUSCLE PLUS **Kathleen**	8:15-9:15AM VCORE Kathleen	8:30-9:15AM HIIT **Karen**	8:30-9:15AM INTERVAL **Stacey**	8:30-9:30AM BODY BLAST **Kathleen**	8:50-9:35AM MUSCLE **Kathy G**	
9:30-10:20AM STEP & ABS **Kathleen**	9:45-10:45AM PILATES **Pat**	9:30-10:20AM MUSCLE **Karen**	9:30-10:30AM Slow Flow Yoga **Sub Stacey**	9:45-10:45AM Gentle Yoga **Julie**	9:45-10:45AM ZUMBA **Preeti**	**10:00-10:45** Restorative & Recovery Yoga **Maddie**
10:30-11:30AM SLOW FLOW YOGA **Chandana**	11:30AM **TAI CHI Fee Based Inquire at desk**	10:30-11:30AM PILATES **Katy**			11AM-12Noon Yoga Heidi	
11:30-12Noon STRETCH **Chandana**			10:45-11:30AM Dance Fit Jamie			
	5:00-6:00PM MUSCLE/CARDIO **Kathy H**	5:30-6:30PM MUSCLE **Tara**				
6:45-7:45PM YOGA FLOW **Chandana**	6:30-7:30PM GENTLE YOGA **Sub Heidi**	6:45-7:45PM GENTLE YOGA **Sub Heidi**	6:20-7:15PM ZUMBA **Preeti**			

STUDIO B

MON	TUE	WED	THU	FRI	SAT	SUN
8:30–9:15AM MUSCLE **Debbie A**	8:30-9:25AM INTERVAL **Michelle S**	7:30-8:15AM MUSCLE **Jane**	8:30-9:15AM BARRE **Kathleen**	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**	8:30-9:20AM PILATES TONE **Jane**	9:30-10:25AM MUSCLE **Michelle S**	8:30-9:25AM MUSCLE **Jane**	9:00-9:55AM CARDIO MIX **Debbie A**	
		9:30-10:25AM ZUMBA **Cindy**		9:30–10:15AM AEROBICS **Debbie C**	10:00-10:45AM AEROBICS **Heidi**	10:00-10:45AM BARRE **Brittany**
10:30-11:30AM Fit for Life **Katy**	10:30-11:30AM YOGA **Katy**	10:30-11:25AM MUSCLE **Michele H**	10:30-11:30AM Fit for Life **Katy**	10:30-11:15AM Pom Pom Dance **Debbie til 11/20**		
		11:30-12Noon STRETCH **Michele H**				
4:45-5:45PM MUSCLE **Natalie**	5:30-6:15PM BARRE **Kathy G**	5:45-6:30PM STEP **Heidi**	5:30-6:15PM BARRE **Kathy G**			
6-6:45 Dance Fit Kathy G	6:30-7:30PM ZUMBA **Preeti**					

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AQUA

MON	TUE	WED	THU	FRI	SAT	SUN
9:00-9:50AM **AQUA AEROBICS Sub Nancy**		9:00-9:50AM **AQUA AEROBICS Sub Jean**	10:30-11:00AM **30 Min Chair WO Karen**	9:00-9:50AM **AQUA Nancy**	8:45-9:30AM **AQUA Jacqui**	
10:00-10:50AM **AQUA AEROBICS Sub Nancy**	11:15–12:00PM **WATER W/O Stacey**	10:00-10:50AM **AQUA AEROBICS Sub Jean**	11:15-12PM **WATER W/O Karen**	10:00-10:50AM **AQUA Nancy**		
6:45-7:30PM **AQUA Kathy H**			7:00-8:00PM **WATER FITNESS Nancy**			

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

MON	TUE	WED	THU	FRI	SAT	SUN
	5:45AM **Dan**	5:45AM **Paul**				
	7:00AM **Kathleen**	7:00AM **Paul**	7:00AM **Kathleen**	7:00AM **George**	7:00-7:55AM **Paul**	
					8:15AM **Paul**	8:30-9:30AM **Kathleen + ABS**
6:00PM **George**		9:30AM **Jane**		9:45AM **Kathleen**		
	6:00PM **Andrea**		6:00PM **Kathy H**			

ZOOM VIRTUAL — **Schedule & links posted Sundays on FB. Text Kathleen if you need the email version 508-272-7869**

MON	TUE	WED	THU	FRI	SAT	SUN
8:30-9:30AM MUSCLE PLUS **Kathleen**	8:15-9:15AM VCORE **Kathleen**			5:45-6:30AM SHRED MUSCLE **Paul**		
10:30-11:30AM FIT FOR LIFE **Katy**	10:30-11:30AM GENTLE YOGA **Katy**	10:30-11:30AM PILATES **Katy**	10:30-11:30AM FIT FOR LIFE **Katy**			

TBD = To Be Determined **SUB=** Substitute **CX =** Cancelled