



STUDIO A (SA)

AUG 7- AUG 27, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	7:00-7:45AM PILATES PLUS Polly		7:00-7:45AM PILATES PLUS Polly	5:30 - 6:15AM KBT+ Pat		
8:00 - 8:45AM SS CARDIO Jenn starting 8/14	8:00-9:00AM S.SNEAKERS II Audrey starting 8/15	8:00 - 8:45AM SS CARDIO Gerry starting 8/16	8:00-9:00AM S. SNEAKERS II Audrey starting 8/17	6:30 - 7:15AM KETTLEBELL TRAINING Pat	8:30-9:30AM BARRE Sarah	7:30-8:45AM HATHA YOGA Joan
9:15-10:15AM TOTAL BODY CONDITIONING Diane	9:15 - 10:15AM S. SNEAKERS LEVEL I Michele	9:15-10:15AM BODY SCULPT Polly	9:15 - 10:15AM S. SNEAKERS LEVEL I Michele	8:00 - 8:45AM SS CARDIO Polly	9:45-10:45 PILATES Stacey	9:00-10:15AM VINYASA YOGA w/ Joan
10:30-11:30AM Gentle Pilates Polly	10:30 - 11:30AM S. SNEAKERS LEVEL I Cheryl	10:30-11:30AM YOGA BASICS Connie	10:30 - 11:30AM S. SNEAKERS LEVEL I Annalisa	9:15-10:15AM BODY SCULPT Polly		
				10:30-11:30AM Gentle Yoga Connie		
	4:20-5:20PM PILATES PLUS Mary Ellen					
4:15-5:15PM CARDIO KICKBOXING Jenny	5:30 - 6:15PM KBT+ Pat		4:15-5:15PM PILATES PLUS Stacey			
5:30-6:30PM BARRE Sarah		5:30-6:30PM VINYASA YOGA Sheri	5:30-6:30PM ZUMBA Gerry			
		6:30-7:30PM ZUMBA Julie				

ALL SILVER SNEAKERS CLASSES BEFORE 9AM WILL BEGIN USING STUDIOS STARTING AUGUST 14th!

LOWER INTENSITY

MODERATE INTENSITY

HIGH INTENSITY

7/1/2017

*REFER TO CLASS DESCRIPTION BETWEEN STUDIOS FOR MORE DETAILS ON CLASSES
SCHEDULE IS SUBJECT TO CHANGE



STUDIO B (SB)

AUG 7- AUG 27, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30-6:15AM STRENGTH TRAINING Carolyn	5:30-6:30AM H.I.I.T PLYO-AGILITY Jen	5:30-6:15AM ANYTHING GOES Carolyn	5:30-6:30AM BOOTCAMP Lisa			
7:00-7:45AM STRETCH & GO Gerry	7:00-7:45AM TRX Kathleen	7:00-7:45AM STRETCH & GO Gerry	7:00-7:45AM TRX Mary Ellen	7:00-7:45AM STRETCH & GO Gerry	7:15-8:15AM TRIPLE THREAT Jen	7:45-8:15AM HIT 2B FIT Carolyn
7:45-8:30AM ZUMBA Gerry	8:15-9:00AM ANYTHING GOES Pat	8:00 - 9:00AM ZUMBA Donna	8:15-9:00AM POUND Nichole	7:45-8:30AM ZUMBA Gerry	8:30-9:30AM STEP & SCULPT Audrey	8:30-9:30AM CARDIO SCULPT Carolyn
9:15-10:15AM POUND Ali	9:15-10:15AM Boot Camp Trish	9:15-10:15AM PIYO Jenny	9:15-10:15AM KICKBOXING Annalisa	9:15-10:15AM Zumba Tina	9:45-10:45AM ZUMBA! Tina/Julie	↑
10:30-11:30AM ZUMBA Tina	10:30-11:30AM Silver Sneakers II Polly	10:30-11:30AM CLUB VIBE Tina	10:30-11:30AM Silver Sneakers II Jenn		SUNDAY MORNING CLASSES WILL BE HELD IN THE GYMNASIUM ON AUGUST 13th DUE TO KETTLEBELL CERTIFICATION	
4:15-5:15PM TRX Martha		4:30 - 5:00PM FAMILY POUND Nichole		4:30 - 5:00PM FAMILY POUND Brittany		
5:30-6:30PM BODY SCULPT Stacey	5:30-6:30PM PILATES Stacey	5:30-6:30PM MID-TEMPO CARDIO Jen	5:30-6:15PM HIT 2B FIT Carolyn	5:45 - 6:30PM X-Conditioning Jenn		
		6:30-7:30PM STRENGTH TRAINING Jenny	6:30-7:30PM BOOT CAMP Jenny	6:35-7:35PM Family Taekwondo Andrew		

7/1/2017

Less Intense

Moderate Intensity

High Intensity

SCHEDULE IS SUBJECT TO CHANGE

*REFER TO CLASS DESCRIPTION BETWEEN STUDIOS FOR MORE DETAILS ON CLASSES



90 HIGH STREET

AUG 7- AUG 27, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
--------	---------	-----------	----------	--------	----------	--------

8:00-9:00AM PILATES Polly starting 8/14	8:00-9:00AM BARRE Polly starting 8/15		8:00-9:00AM BARRE Tina starting 8/17			
9:15-10:15AM VINYASA YOGA Polly		9:15-10:15AM VINYASA YOGA Connie		9:15-10:15AM VIN. YOGA Connie NO CLASS 8/25	9:45-10:45 PILATES Stacey 8/26 ONLY	
	10:30-11:30AM Gentle Yoga Dino	10:30-11:30AM CHAIR YOGA Alice	10:30-11:30AM YOGA for Beginners Sue			

*REFER TO CLASS DESCRIPTION BETWEEN STUDIOS FOR MORE DETAILS ON CLASSES
SCHEDULE IS SUBJECT TO CHANGE

— — —