

GROUP FITNESS SCHEDULE

FALL 2020 • SEPTEMBER 14 - DECEMBER 20

10-16-20

	55 CHURCH STREET GYM MAX-6 PARTICIPANTS, 1 INSTRUCTOR	HUNT GYM MAX-15 PARTICIPANTS, 1 INSTRUCTOR	HUNT MPR MAX-6 PARTICIPANTS, 1 INSTRUCTOR	ONLINE
MON	4:15-5:15pm Body Sculpting w/Diane			
TUE	4:15-5:15pm Body Sculpting w/Diane	5:45-6:45am Boot Camp w/Cara		8:00-9:00am Small Group PT w/Laurel 9:15-10:15am Yoga Stretch & Strength w/Lisa
WED		6:00-7:00am Cycle Mini Session w/Cara 9:30-10:00am Shake Your Soul w/Molly		9:30-10:30am Aston Kinetics w/Shirley*
THU		5:45-6:45am Boot Camp w/Cara		8:00-9:00am Small Group PT w/Laurel 10:00-11:00am Pilates w/Lori
FRI	9:30-10:30am Body Sculpting w/Diane	6:00-7:00am Cycle w/Cara	9:30-10:30am Gentle Flow Yoga w/Peter	7:00-8:00 Booty Barre w/Lori
SAT				

NOTES:

*Class has two fall sessions

Classes in green are currently running

Classes in black are potential Mini Sessions (October 12-November 16)