

GROUP FITNESS SCHEDULE

WINTER 2021 • JANUARY 4 - MARCH 21

1-28-21

	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			8:00-9:00am Small Group PT w/Laurel
TUE	4:15-5:15pm Body Sculpting w/Diane	5:45-6:45am Boot Camp w/Cara		9:15-10:15am Yoga Stretch & Strength w/Lisa
WED		6:00-7:00am Rip & Ride w/Cara		8:00-9:00am Small Group PT w/Laurel 8:15-9:15am Gentle Pilates w/Ellen 9:30-10:30am Aston Kinetics w/Shirley
THU		5:45-6:45am Boot Camp w/Cara		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 8:30-9:30am Yoga S & S w/Lisa