



Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 – 7:00 am Insanity Tracy		6:00 – 7:00 am Insanity Tracy	6:00 – 7:00 am PiYo Barbara		
8:00 – 9:00 am Boxing Dwayne	9:00AM -10:00 AM Cross Training Marco				7:30 – 8:30am Insanity Tracey	
9:00 – 10:00 am Conditioning Lower Body Marco		9:00 – 10:00 am Conditioning Upper Body Marco		9:00 – 10:00 am Conditioning Full Body Marco	9:00 – 10:00 am Boxing	9:00-10:30 Traditional Dance Grace
	11:00 – 12:00pm Senior Fitness		11:00 – 12:00pm Senior Fitness		10:00 – 11:00 am Butts n' Gutts Anna	10:30 – 11:30 am PIYO Barbara
6:00-6:30 TRX Steve Mello	5:30-6:30pm Strong by Zumba Alicia	5:30 – 6:30 pm Cross Training Steve				
6:30 – 7:30pm Butts n' Gutts Anna	6:30 – 7:30pm Zumba Alicia	6:30-7:30 Piyo Barbara	6:30 – 7:30pm Zumba Melissa	6:00 – 7:30pm Traditional Dance Grace		
7:30 – 8:30 Yoga Jacki	7:30 – 8:30 pm San Da Jiu Jitsu Dr. Pritchett	7:30 – 8:30 Yoga Jacki	7:30 – 8:30 pm San Da Jiu Jitsu Dr. Pritchett			

Included with Class Membership

L.I.F.E. Exclusives \$\$\$

Group Exclusives

Rent Space for various activities – See the front desk for details

GYM HOURS: Monday-Thursday 5:30AM – 10:00PM Friday 5:30AM- 9:00PM Saturday 7:00AM- 6:00PM Sunday 7:00AM-4:00PM

Phone Number: (617) 770-1115