












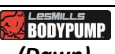










GROUP FITNESS, CYCLE AND AQUA SCHEDULE

(9-8-2019)

Club Hours: Mon-Fri: 5:00am-9:00pm; Sat-Sun 6:00am-6:00pm. Club Phone number: 978-537-8387

Hours and classes subject to change during inclement weather.

Group Fitness Studio	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am	Tabata (Dawn) 30 min	tone (Wendy) 45 min	 (Dawn)	tone (Dawn) 45 min	 (Katie)	8:00am	Cardio Blast (Amy/Steven) 45 min	 (Michelle/Rebecca)
	6:00am	 (Dawn) 30 min					9:00am	Tabata Strength (Tara/Wendy) 30 min	 (Danielle)
	8:30am	Stretch & Tone (Amy) 45 min	Core Stretching (Amy) 30 min	Stretch & Tone (Amy) 45 min		 (Deb) 45 min	9:30am	 (Amy) 30 min	
	9:00am		Cardio Intervals (Amy) 30 min		Tabata (Audra) 30 min		10:00am		tone (Steven) 45 min
	9:30am	 (Rebecca/Robin)	 (Audra)	Cardio Step (Jenn)	 (Audra)	Tabata (Robin) 45 min	10:15am	 (Tara)	
	10:30am			 (Jenn) 30 min		 (Amy)			
	10:45am								
	5:00pm	HITT (on track) (Katie) 30 min						Note: Classes which are new/modified will be colored yellow	
	5:30pm	 (Dawn)	Tabata (Danielle) 30 min	 (Dawn) 30 min	 (Wendy) 30 min	 (Katie)			
Cycling	6:00pm			 (Danielle)				 100 Duval Rd, Lancaster MA	
	6:15pm		 (Steven/Deb)						
	6:30pm	tone (Steven) 45 min							
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
	5:30am					45 min Cycle (Tony)	7:30am	60 min Cycle (Tara/Wendy)	
Aqua Fitness	9:30am	60 min Cycle (Amy)	60 min Cycle Fusion (Theresa)	30 min Cycle (Katie)	60 min Cycle Fusion (Theresa)	45 min Cycle (Amy)			
	4:30pm	30 min Cycle (Katie)							
	5:30pm	30 min Cycle (Audra/Wendy)		60 min Cycle (Tony)					
	6:00pm		45 min Cycle (Tara)						
	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Sunday
Aqua Fitness	8:30am	Aqua Fitness (Danya)	Aqua Fitness (Jane/Terri)	Aqua Fitness (Jane)	Aqua Fitness (Danya)	Aqua Fitness (Jane/Terri)			
	9:30am			Aqua Fitness (Jane)					
	6:30pm	Aqua Fitness (Amelia/Sandy)			 (Steven)		5:00pm		Aqua Fitness (Alternating)

Please address comments to Dawn Farrar at dawncfarrar@yahoo.com or Wendy Bertrand at lizandamandasmom@hotmail.com.
Instructors are subject to change. You must be on time for all classes. Due to the safety of members and the flow of classes, anyone more than 5 minutes late will not be allowed in class. Participants must be over the age of 12 to attend classes.



BODYCOMBAT™ is the empowering cardio workout where you are totally unleashed. This fiercely energetic program is inspired by martial arts and draws from a wide array of disciplines such as karate, boxing, taekwondo, tai chi and muay thai. Supported by driving music and powerful role model instructors, you strike, punch, kick and kata your way through calories to superior cardio fitness.



BODYPUMP™ is the original barbell class that shapes, tones and strengthens your entire body. Often referred to as 'Pump' by those who love it, it's one of the world's fastest ways to get in shape. This 60-minute addictive workout challenges all of your major muscle groups by using the best weight-room exercises such as squats, presses, lifts and curls. The key to BODYPUMP™ is [THE REP EFFECT™](#), a breakthrough in fitness training focusing on high repetition movements with low weight loads. This will help you achieve strength and introduce lean body muscle conditioning.

tone

BODYVIVE™/LES MILLS TONE is the optimal mix of strength, cardio and core training. The challenging mix of lunges, squats, functional training and tubing exercising will help you burn calories and take your fitness to the next level. Also a great foundational class, LES MILLS TONE has a wide variety of options accommodating all fitness levels ensuring everyone leaves the workout feeling successful.



CXWORX™ really hones in on the torso and sling muscles that connect your upper body to your lower body in just 30 minutes. It's ideal for tightening your tummy and butt, while also improving functional strength and assisting in injury prevention. It'll help you run faster, play harder, stand stronger!

Cardio Blast

Everything and anything cardio! Interval and Tabata training, as well as drills and sports conditioning. Easy to follow moves to get the heart rate up and build strong muscles. Get ready to sweat and have a BLAST in the process!

Cardio Intervals/HIIT

Fun cardio training for all fitness levels. Step up your endurance with drills and moves to build cardiovascular fitness, while improving muscular strength. Get ready to be challenged and walk out feeling stronger.

Cardio Step

The heart pumping step workout with fun footwork that gives a total body workout. Functional cross training that will boost cardio fitness and tone from head to toe.

Core Stretching

Improve your movement and range of motion with this mindful combination of stretching for all muscle groups and functional core training. No better way to feel restored, relaxed and better your posture and balance.

Stretch & Tone

An introductory class that begins with gentle stretches to warm all muscle groups. Light weights for targeted functional strength exercises will help tone and shape from head to toe. Core work is the final working phase. Class ends with another set of gentle stretches helps to restore length to all muscles. This class is great for participants of all ages looking to work at their own pace to get safe and effective toning.

Tabata/Tabata Strength

High energy interval training workout. Four minutes of an exercise that alternates between 20 seconds of work followed by 10 seconds of rest, for a total of eight rounds of each move. These workouts are fast-paced, fun, easy to follow, and burn lots of calories. Tabata Strength will focus on strength based moves using free weights, weight plates and body weight to tone and build strength head-to-toe.



Zumba® provides long-term fitness benefits through exhilarating, high calorie-burning fitness classes, and simple dance moves from around the world to increase the fun factor. Zumba classes feature routines set to fast and slow rhythms that successfully tone and sculpt the body while burning fat.



Zumba® Gold-Toning blends the Zumba® party you love at a slower pace with a redefining total body workout using Zumba® Toning Sticks. Focus is on muscle conditioning and light weight activity in low to moderate intensity strength training exercises.

All Aqua Fitness and Cycle Classes are suitable for any fitness level.