

Group Exercise Schedule

Central Branch

Monday August 27th – Saturday September 1st

Monday Aug 27 th	Tuesday Aug 28 th	Wed Aug 29 th	Thursday Aug 30 th	Friday Aug 31 st	Saturday Sept 1 st
AM	AM	AM	AM	AM	AM
5:00-6:00 Boot Camp	5:00-6:00 Boot Camp *outside*	5:00-6:00 Boot Camp *Outside*	5:00-6:00 Boot Camp *Upstairs/Outside*	FACILITY CLOSED	7:45-8:45 Body Pump
5:45-6:30am *Spinsanity					8:50-9:35 *Spinsanity
9:15-10:00 WERQ *outside*	9:15-10:00 Combat *outside*	9:00-10:00 WERQ *outside*	9:15-10:00 WERQ *outside*		9:00-10:00 **WERQ
9:15-10:00 *Spintastic	10:15-11:00 Tone *outside*	10:05-10:50 Circuit Training *outside*	10:00-11:00 BodyFlow *outside*		10:00-11:00 BodyFlow
10:05-10:50 Circuit Training *outside*					
PM	PM	PM	PM	PM	PM
5:30-6:30 Yoga *outside*					*Class will be held in the Cycle Studio
		6:30-7:15 FIT SAMPLE *outside*			Regular classes, locations and kids zone hours resume Saturday September 1 st !

Due to annual maintenance we will have a limited group exercise schedule from August 27th thru August 31st. The classes held outside will be weather permitting. We encourage you to utilize our West Branch in Sandwich during our shutdown schedule here!

KEEP IN MIND KIDS ZONE WILL NOT BE OPEN THIS WEEK!