

GROUP FITNESS SCHEDULE

WINTER 2022 • JANUARY 3 - MARCH 20

1-8-21

	55 CHURCH STREET GYM	HUNT GYM	HUNT MPR	ONLINE
MON	4:15-5:15pm Body Sculpting w/Diane		9:00-10:00am Gentle Flow Yoga w/Peter	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		8:15-9:15am Yoga Stretch & Strength w/Lisa
WED	9:45-10:45am PiYo w/Lori 12:00-1:00pm Aston Kinetics w/Shirley	5:45-6:45am Rip & Ride w/Cara		8:00-9:00am Small Group PT w/Laurel
THU		5:45-6:45am Boot Camp w/Cara		
FRI	9:15-10:15am Body Sculpting w/Diane	5:45-6:45am Spin w/Cara	9:00-10:00am Gentle Flow Yoga w/Peter	7:30-8:30am Small Group PT w/Laurel 8:00-9:00am Yoga Stretch & Strength w/Lisa
SAT				
SUN				
	Max=12 Barre=8	Max =20 Cycle=12	Max=16	Max=NA