

GROUP FITNESS SCHEDULE

SPRING 2023 • MARCH 27 - JUNE 4

3-29-23

	55 CHURCH STREET GYM	HUNT GYM	HUNT MPR	ONLINE
MON	4:15-5:15pm Body Sculpting w/Diane 5:30-6:30pm Yoga for Stiff People w/Kelly			8:00-9:00am Small Group PT w/Laurel
TUE	8:30-9:30am Yoga Stretch & Strength w/Lisa 10:30-11:30am Stretch & Arthritis w/Carolyn 4:15-5:15pm Body Sculpting w/Diane			
WED	9:30-10:30am Yoga Basics w/Cathy	9:30am-10:30am Boot Camp w/Carolyn		8:00-9:00am Small Group PT w/Laurel
THU	9:30-10:30am Pilates with Weights w/Lori 4:00-5:00pm Gentle Yoga w/Melinda 4/20-5/25			
FRI	8:45-9:45am Body Sculpting w/Diane 11:00-12:00pm Yoga for Stiff People w/Kelly			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