



# SUMMER GROUP EXERCISE SCHEDULE

We build Strong Kids, strong families, strong communities

## Wellness Center

### Hours of Operation:

**Monday - Friday** 5:15 am - 10:00 pm  
**Saturday** 7:00 am - 7:00 pm  
**Sunday** 8:00 am - 7:00 pm

## Child Watch Hours

**8 wks. to 6 mos.**  
**Monday - Friday** 10:00 am-12:30 pm  
**Monday - Friday**  
**Saturday**

**6 mos. to 6 yrs.**  
**8:30 am - 12:30 pm**  
**5:00 pm - 8:00 pm**  
**8:00 am -12:00 pm**

## Effective Monday June 21st

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Saturday  | Sunday |
|--|---|---|---|--|---|--------|
| Cycling**<br>5:45 - 6:45 a.m.<br>Jill                    |   | Cycle Fusion**<br>5:45 - 6:45 a.m.<br>Jill            |   | Cycling**<br>5:45 - 6:45 a.m. Jill                       |   |        |
|  | F.I.T.<br>6:00 - 7:00 a.m.<br>Jill (studio)     |   | F.I.T.<br>6:00 - 7:00 a.m.<br>Jill (studio)     |  | Pwr. Hatha Yoga*<br>8:00 - 9:00 a.m.<br>Various (MP)  |        |
| Chisel & Burn<br>8:30 - 10:00 a.m.<br>Mark (studio)      |   | Chisel & Burn<br>8:30 - 10:00 a.m.<br>Mark (studio)   |   | Chisel & Burn<br>8:30 - 10:00 a.m.<br>Mark (studio)      | Cycling**<br>8:00 - 9:00 a.m.<br>Rotation             |        |
| Step Fusion<br>9:00 - 10:00 a.m.<br>Christine (MP)       |   |   |   | Step Fusion<br>9:00 - 10:00 a.m.<br>Christine (MP)       | Cardio Kick<br>9:00 - 10:00 a.m.<br>Rotation (studio) |        |
| Cycling**<br>9:15 - 10:15 a.m.<br>Wendy                  | Cycle Fusion**<br>9:15 - 10:15 a.m.<br>Jill     | Cycling**<br>9:15 - 10:15 a.m.<br>Wendy               | Cycle Fusion**<br>9:15 - 10:15 a.m.<br>Jill     | Cycling**<br>9:15 - 10:15 a.m.<br>Wendy                  |   |        |
| Strength & Power<br>10:30 - 11:30 a.m.<br>Wendy (studio) | Bootcamp<br>9:30 - 10:30 a.m.<br>Wendy (studio) | Pilates 10:30 -<br>11:30 a.m.<br>Colleen (spin room)  | Bootcamp<br>9:30 - 10:30 a.m.<br>Wendy (studio) | Strength & Power<br>10:30 - 11:30 a.m.<br>Wendy (studio) |   |        |
|  |   |   |   |  |   |        |
|  | Cycling**<br>12:00 - 1:00 p.m.<br>Jenn          |   | Cycling**<br>12:00 - 1:00 p.m.<br>Jenn          |  |   |        |
|  |   |   | Pilates*<br>4:30 - 5:30 p.m.<br>Stacy (MP)      |  |   |        |
| Hi/Lo Cardio Sculpt<br>5:30 - 6:30 p.m.<br>Betsy (MP)    | Pilates*<br>5:30 - 6:30 p.m.<br>Stacy (MP)      | Hi/Lo Cardio Sculpt<br>5:30 - 6:30 p.m.<br>Betsy (MP) | Pilates*<br>5:30 - 6:30 p.m.<br>Stacy (MP)      |  |   |        |
| Cycling**<br>5:30 - 6:30 p.m.<br>Jenn                    |   |   | Cycling**<br>5:30 - 6:30 p.m.<br>Kate           |  |   |        |
|  | TurboKick<br>6:00 - 7:00 p.m.<br>Pat (studio)   | Step and Sculpt<br>6:00 - 7:00 p.m.<br>Sandy (studio) | TurboKick<br>6:00 - 7:00 p.m.<br>Pat (studio)   |  |   |        |
|  | PIYo<br>7:00 - 7:30 p.m.<br>Pat (studio)        | Hatha Yoga*<br>6:30 - 7:45 p.m.<br>Jean (MP)          | PIYo<br>7:00 - 7:30 p.m.<br>Pat (studio)        |  |   |        |
|  | Y Fusion<br>6:30 - 7:30 p.m.<br>Sue (MP)        | Cycling**<br>6:45 - 7:45 p.m.<br>Betsy                | Y Fusion<br>6:30 - 7:30 p.m.<br>Sue (MP)        |  |   |        |



\*Pre-registration is required at the Welcome Center Desk  
 \*\*Register up to 48 hours in advance by calling (508)852-6694 ext. 276  
 MP=Multi-Purpose Room  
 \*\*\*All classes are subject to change\*\*\*