



# July 2018 Class Schedule

Weekdays: 5:15 am – 8:00 pm

Weekends: 7:15 am – 5:00 pm

166 Athletic Drive, Shelburne 985-4410

		<b>Aerobics Studio</b>	<b>Yoga Studio</b>	<b>Spinning Studio</b>	<b>Pilates Studio (\$)</b>
<b>Mon</b>	8:30 AM			Spinning w/ Phyllis	
	8:45 AM	Strength & Conditioning w/ Joe			Reformer II/III w/ Meg
	9:45 AM		Gentle Yoga w/ Kay		Reformer Fundamentals w/ Gloria
	5:45 PM	STRONG by Zumba w/ Meghan			
<b>Tues</b>	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Beginner Yoga w/ John		
	8:45 AM	Circuit Conditioning w/ Rayne			Reformer II/III w/ Monet
	10:00 AM	Senior Mat Pilates w/ Monet			Pilates Chair w/ Jane - NEW
<b>Wed</b>	6:00 AM			Spinning w/ Connie	
	8:30 AM	Tabata Training w/ Nick		Spinning w/ Barbara	
	9:00 AM	Step Up and B Strong Walking Group w/ Phyllis			
	9:45 AM				Reformer I w/ Lynn
	10:00 AM		Power Flow Yoga w/ Rowan NEW!!		
	5:30 PM		Gentle Yoga w/ Kay		
	5:45 PM				Reformer I/II w/ Kathy
<b>Thurs</b>	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM				Reformer I/II w/ Meg
	9:00 AM	Circuit Conditioning w/ Scott - NEW			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
	5:45 PM	Pound! w/ Meghan (drum inspired fitness)			
<b>Fri</b>	7:15 AM		Mat Pilates w/ Kathy		
	8:30 AM	Tabata Training w/ Nick			
	8:45 AM				Reformer Fusion w/ Gloria
	10:00 AM		Power Flow Yoga w/ Rowan NEW!!		
	5:30 - 6:45 PM		Restorative Yoga w/ Kay, Mary, or Joe (weekly)		
<b>Sat</b>	8:00 AM			Spinning w/ Rotating Instructors	
	8:45 AM	Zumba® w/ Lisa			
	10:00 AM	Mat Pilates with Props w/ Lissy			
<b>Sun</b>	8:30 AM			Spinning w/ Rotating Instructors	
	9:30 AM		Mindful Yoga w/ Mary		