

Aerobics Studio

Yoga Studio

Spinning Studio

	Aerobics Studio	Yoga Studio	Spinning Studio
Mon	6:00 AM	Ashtanga Based Flow w/ Dana	Spinning w/ David ^{BF}
	8:30 AM	Cardio Strength w/ Zynnica	Mindful Spinning w/ Samuel ^{BF}
	9:45 AM	Gentle Yoga w/ Jane ^{BF} (75 mins)	
	10:00 AM	Senior Strength w/ Charlene	
	12:10 PM	Lunchtime Express w/ Ren	
	5:00 PM		
	5:30 PM	Jazzercise® Lite (\$) / Mat Pilates w/ Alisa	Moo Gong Do (\$) (90 mins) / Spinning w/ Jennifer ^{BF}
	6:30 PM		Vinyasa Flow w/ Katie
Tues	6:00 AM		Spinning w/ Rayne*
	7:30 AM		Beginner Yoga w/ John ^{BF}
	8:30 AM	Body by Dana	Spinning w/ Connie - NEW!
	9:00 AM		Power Yoga w/ Jen
	10:00 AM	Senior Mat Pilates w/ Phyllis ^{BF}	
	4:00 PM	Moo Gong Do (\$) (60 mins)	
	5:30 PM	Strength & Stability w/ Charlene*	Ashtanga Yoga w/ Dana / Spinning w/ Julie
	6:00 PM		Primary Series (90 minutes)
Wed	6:00 AM		Fat Burning Ride w/ David
	8:30 AM		Spinning w/ Tara
	8:45 AM	Body Blast w/ Ann	
	10:00 AM		Ashtanga Fundamentals w/Dana ^{BF} / Senior Spinning w/ Phyllis^{BF}
	12:00 PM	Mat Pilates w/ Alisa	
	5:30 PM		Gentle Yoga w/ Jane ^{BF} / Spinning w/ Paul
	5:45 PM	Zumba w/ Gail ^{BF}	
Thurs	6:00 AM	Ashtanga Based Flow w/ Dana	Spinning w/ Rayne*
	7:00 AM	Gentle Yoga w/ Jane ^{BF}	
	8:30 AM		Spinning w/ Holly
	8:45 AM	Strength & Stability w/ Charlene*	
	9:45 AM		Gentle Yoga w/ Kathy ^{BF}
	10:00 AM	Senior Mat Pilates w/ Joann ^{BF}	
	12:10 PM		Spinning w/ Scott
	5:30 PM	Strength & Stability w/ Charlene*	Moo Gong Do (\$) (60 mins)
Fri	7:00 AM		Senior Spinning w/ Phyllis^{BF}
	7:15 AM		Mat Pilates w/ Kathy
	8:30 AM		Spinning w/ Dana
	8:45 AM	Zumba w/ Marlee (Sub)	
	10:00 AM	Mat Pilates w/ Alisa	YogaFlow w/ Dana
	5:30 PM	Jazzercise® (\$) w/ Tamie	
Sat	7:30 AM		Spinning w/ Rayne*
	8:45 AM	Zumba w/ Katie ^{BF}	Spinning w/ Julie
	10:00 AM	Dragonboat Training w/ Charlene (\$) / No class 2/11, 2/18	Mat Pilates (Private Pilates Studio) / Moo Gong Do (\$) Yoga Studio
	11:15 AM	West African Juba Dance (\$) Begins 2/18	For dance info call Chimie Bangoura at 377-9721.
Sun	8:00 AM	Cardio Strength w/ Zynnica	
	8:30 AM		Bellydance Fitness w/ Anne Marie (\$) / Call (617) 797-2851 for details.
	8:45 AM		Spinning w/ Paul*
	9:15 AM	Jazzercise® Lite (\$) /	
	9:45 AM		Intermediate Yoga w/ Annette*

*Please sign up in advance for this class. ^{BF} Beginner Friendly (please inform instructor if you're new)