







RAC RAYNHAM ATHLETIC CLUB

SUMMER GROUP EX SCHEDULE

Effective JUNE 18, 2017

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|--|---|---|---|--|
| 8:00-8:45am CYCLING* Stacey |  | 5:45-6:30am CYCLING* Stacey A. | 5:45-6:40am Interval Training Colleen | 5:45-6:30am CYCLING* Lori | 5:45-6:40am P90X Stacey A. | 7:15-8:00am CYCLING* Colleen |
| 8:45-9:40am P90X LIVE Stacey A. | 8:00-8:45am Aquaerobics Mary Beth | 8:30-9:15am Forever FIT Mary Beth | 8:00-8:45am Aquaerobics Kerri | 8:30-9:15am Forever FIT Mary Beth | 8:00-8:45am Aquaerobics Kerri | 8:15-9:00am Aquaerobics Mary Beth/Kerri |
| 10:00-10:55 am YOGA Ann Marie | 9:15-10:00am CYCLING* Megan | 9:15-10:00am CYCLING* Stacey | 9:00-9:30am EXPRESS CYCLING* Stacey A. | | 9:00-9:45am CYCLING* Kellie | 8:00-8:55am MUSCLE Mash-up Kellie |
| 11am-1pm OPEN Boxing Pamerson | 9:15-10:10am POWER HOUR Kellie | 9:30-10:25am PILATES Lori | 9:30-10:25am P90X Stacey A. | 9:30-10:25am BARRE Kellie | 9:15-10:10am Cardio BOOTCAMP Colleen | 9:00-9:45am POUND!* Stacey |
| |  | | |  | | |
|  | 5:30-6:25pm BARRE Jen | 5:30-6:25pm Bootcamp Chanelle | 5:30-6:25pm HIIT & FIT Chanelle | |  | |
| | 5:45-6:30pm CYCLING* Lisa | 6:00-6:45pm CYCLING* Kim | 6:15-7:00pm CYCLING* Stacey | 6:00-6:55pm Muscle Mash-up Ashley | | |
| | 6:30-7:25pm Strength & Sculpt Stacey A. | 6:30-7:25pm YOGA Ann Marie | 6:30-7:25pm Zumba Kristie | 6:30-7:15pm Bands & Bike* Tracey |  | |
| | | | 7:30-8:30pm Open Boxing Pamerson | | | |

Classes marked (*) must be signed up for in advance, starting @ 8pm the night before. Classes marked (**BOLD**) denotes a new class, time, or instructor.