



GROUP FITNESS CLASS SCHEDULE

APRIL 2018



HOURS: MONDAY - FRIDAY 6 AM - 8 PM, SATURDAY & SUNDAY 8 AM - 4PM WWW.MIDDLEBURYFITNESS.COM PH: 388-3744 \$ = Additional Fee

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
SPINNING 6:15 - 7:00 AM w/ Ashley - Spin Studio	LES MILLS BODYPUMP 6:05 - 7:05 AM w/ Megan - Studio 1	SPINNING 6:15 - 7:00 AM w/ Megan - Spin Studio	LES MILLS BODYPUMP 6:05 - 7:05 AM w/ Ashley - Studio 1	SPINNING 6:15 - 7:00 AM w/ Carolee - Spin Studio	SPINNING 8:15 - 9:00 AM w/ Tamara - Spin Studio
CARDIO DANCE 8:30 - 9:30 AM w/ Jeanette - Studio 1	ZUMBA 8:30 - 9:30 AM w/ Brye - Studio 1	SENIOR FITNESS 9:00 - 10:00 AM w/ Gail - Studio 1	CARDIO DANCE 8:30 - 9:30 AM w/ Jeanette - Studio 1	YOGA STRETCH 9:00 - 10:00 AM w/ Fred - Studio 1	YOGA 9:20 - 10:20 AM w/ Olga - Studio 2
SilverSneakers® 10:15 - 11:00 AM w/ Kristen - Studio 1	Strength & Stability 9:45 - 10:30 AM w/ Emily - Studio 1	Find Us	SPINNING 8:45 - 9:30 AM w/ Lynne - Spin Studio	SilverSneakers® 10:15 - 11:00 AM w/ Kimberly Studio 1	LES MILLS BODYPUMP 9:15 - 10:15 AM w/ Tamara - Studio 1
BOSU STRENGTH 4:30 - 5:15 pm w/ Emily - Studio 1	Living Strong 10:00 - 11:00 AM \$ - Studio 2	Tai Chi (CVAA) 11:00 - 12:10 PM Studio 1	Strength & Stability 9:45 - 10:30 AM w/ Kristen - Studio 1	raisedbarre™ 12:10 - 1:10 PM w/ Abby - Studio 2	SPOTLIGHT ON DANCE 10:30-11:30 AM \$ Studio 2
TAE KWON DO \$ 4:45-7:45 PM - Studio 2	STRONG BY ZUMBA 4:30 - 5:30 pm w/ Kristi - Studio 2	LES MILLS BODYPUMP 12:10 - 1:10 PM w/ Jeanette - Studio 1	Living Strong 10:00 - 11:00 AM \$ - Studio 2	MIDD KID DANCE COMPETITION TEAM \$ 3:45 - 6:45 PM - Studio 2	SUNDAY SPIN & CORE 9:00 - 10:00 AM w/ Kathleen - Studio 1
YOGA 5:15 - 6:15 PM w/ Drew - Studio 1	LES MILLS BODYPUMP 5:15 - 6:15 PM w/ Tamara - Studio 1	YOGA 4:30 - 5:30 PM w/ Kathryn - Studio 1	BOSU STRENGTH 4:30 - 5:15 pm w/ Jeanette- Studio 1	TAE KWON DO \$ 4:45-7:45 PM Studio 1	raisedbarre™ 9:30 - 10:30 AM w/ Tamara - Studio 2
SPINNING 5:15 - 6:00 PM w/ Tamara - Spin Studio	SPINNING 5:15 - 6:15 PM w/ Kathleen - Spin Studio	raisedbarre™ 5:30 - 6:30 PM w/ Lily- Studio 2	SPOTLIGHT ON DANCE 4:30-7:30 PM \$ Studio 2	RAISED BARRE MASTER CLASS Sign up to take an amazing RaisedBarre master class with Co-Founder Laurie Greenway on Sunday, April 15th from 9:30-10:30. FREE for members. \$12 for non-members. Limited space available. Sign up today!	YOGA 10:30 - 11:30 AM w/ Drew- Studio 1
MIDD KID DANCE COMPETITION TEAM \$ 6:30 - 8:00 PM - Studio 1	SPOTLIGHT ON DANCE 5:30 -7:30 PM \$ Studio 2	SPOTLIGHT ON DANCE 4:15 -5:15 PM Studio 2 \$ 5:35 -6:35 PM Studio 1 \$	SPINNING 5:15 - 6:00 PM w/ Kelsey- Spin Studio	MIDD KID DANCE COMPETITION TEAM \$ 2:00 - 3:00 PM - Studio 2	YOUTH RATES \$99 for 3 months, \$38 for 1 month OR just \$30 per mth after \$29 enrollment fee.