



# GROUP FITNESS CLASS SCHEDULE

## JULY 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
<b>SPINNING</b> 6:15 - 7:00 AM w/ Ashley - Spin Studio	<b>LES MILLS BODYPUMP</b> 6:05 - 7:05 AM w/ Megan - Studio 1	<b>SPINNING</b> 6:15 - 7:00 AM w/ Megan - Spin Studio	<b>CARDIO DANCE</b> 8:30 - 9:30 AM w/ Jeanette - Studio 1	<b>SPINNING</b> 6:15 - 7:00 AM w/ Carolee - Spin Studio	<b>SPINNING</b> 8:15 - 9:00 AM w/ Tamara - Spin Studio
<b>CARDIO DANCE</b> 8:30 - 9:30 AM w/ Jeanette - Studio 1	<b>ZUMBA</b> 8:30 - 9:30 AM w/ Brye - Studio 1	<b>SENIOR FITNESS</b> 9:00 - 10:00 AM w/ Gail - Studio 1	<b>SPINNING</b> 8:45 - 9:30 AM w/ Lynne - Spin Studio	<b>YOGA STRETCH</b> 9:00 - 10:00 AM w/ Fred - Studio 1	<b>YOGA</b> 9:20 - 10:20 AM w/ Olga - Studio 2
<b>SilverSneakers®</b> 10:15 - 11:00 AM w/ Kristen - Studio 1	<b>Strength &amp; Stability</b> 9:45 - 10:30 AM w/ Emily - Studio 1	Find Us	<b>Strength &amp; Stability</b> 9:45 - 10:30 AM w/ Kristen - Studio 1	<b>SilverSneakers®</b> 10:15 - 11:00 AM w/ Kimberly - Studio 1	<b>LES MILLS BODYPUMP</b> 9:15 - 10:15 AM w/ Tamara - Studio 1
<b>BOSU STRENGTH</b> 4:30 - 5:15 pm w/ Emily - Studio 1	<b>STRONG BY ZUMBA</b> 4:30 - 5:30 pm w/ Kristi - Studio 2	<b>Tai Chi (CVA)</b> 11:00 - 12:10 PM Studio 2	<b>BOSU STRENGTH</b> 4:30 - 5:15 pm w/ Jeanette - Studio 1	<b>raisedbarre™</b> 12:10 - 1:10 PM w/ Abby - Studio 2	<b>SUNDAY</b> <b>SPIN &amp; CORE</b> 9:00 - 10:00 AM w/ Kathleen - Studio 1
<b>TAE KWON DO \$</b> 4:45-7:45 PM - Studio 2	<b>LES MILLS BODYPUMP</b> 5:15 - 6:15 PM w/ Tamara - Studio 1	<b>LES MILLS BODYPUMP</b> 12:10 - 1:10 PM w/ Jeanette - Studio 1	<b>STRONG BY ZUMBA</b> 4:30 - 5:30 pm w/ Kristi - Studio 2	<b>TAE KWON DO \$</b> 4:45-7:45 PM Studio 1	<b>raisedbarre™</b> 9:30 - 10:30 AM w/ Tamara - Studio 2
<b>YOGA</b> 5:15 - 6:15 PM w/ Jessica - Studio 1	<b>LES MILLS BODYPUMP</b> 5:15 - 6:15 PM w/ Tamara - Studio 1	<b>YOGA</b> 4:30 - 5:30 PM w/ Kathryn - Studio 1	<b>SPINNING</b> 5:15 - 6:00 PM w/ Kelsey - Spin Studio		<b>SELECTED 2018 BEST HEALTH CLUB</b> In Addison, Franklin & Grand Isle counties by Vermont Business Magazine. Many thanks to our members and amazing team for making this happen!
<b>SPINNING</b> 5:15 - 6:00 PM w/ Tamara - Spin Studio	<b>SPINNING</b> 5:15 - 6:15 PM w/ Kathleen - Spin Studio	<b>raisedbarre™</b> 5:30 - 6:30 PM w/ Lily - Studio 2	<b>SUMMER SPECIALS!</b> 30% OFF all enrollment fees OR 8 weeks for \$119 OR \$89 for 6 weeks. Youth (13-22) rates start at just \$30/mth		

