



207-876-4813
31 High St, Guilford, ME

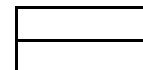
Classes are FREE for members
Day passes available

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6:15-7am									
		*SPIN w/Katti 6:15-7AM							
8-8:15	Gentle Awakening Yoga w/Gayle 8-9am						Intro to Gymnastics Ages 5-7 8-8:45AM		
8:15-8:30			Tai Chi w/Tim 8-9am						
8:30-8:45					Strength & Conditioning w/Britney 8:30-9:15am	Pilates w/Britney 8:30-9:15am			
8:45-9		HIIT w/Britney 8:30-9:15am	Core w/Britney 8:30-9:15am				Intro to Gymnastics Ages 8-10 8:45-9:30AM		
9-9:15									
9:15-9:30									
9:30-9:45	*SilverSneakers w/Debbie 9:30-10:15am	Pickleball 9:30-11:30am	*Healthy4Life w/Terri 9:30-10:30am	*SilverSneakers w/Terri 9:30-10:15am	Pickleball 9:30-11:30am	*Healthy4Life w/Terri 9:30-10:30am	*SilverSneakers w/Michelle 9:30-10:15am	Tae Kwon Do w/Shirley 9:30-10:45am	
9:45-10									
10-10:15									
10:15-10:30									
10:30-10:45	*SilverSneakers w/Debbie 10:30-11:15am								
10:45-11			*SilverSneakers w/Terri 10:30-11:15am			*SilverSneakers w/Michelle 10:30-11:15am			
11-11:15									
11:15-11:30									
11:30-11:45	*SilverSneakers w/Debbie 11:30am-12pm	*Ladies Lift Club w/Adrienne 11:30-12:30PM	Homeschool Open Gym 11:30am- 12:30pm	*SilverSneakers w/Terri 11:30am-12pm	Homeschool Open Gym 11:30am- 12:30pm	Price is Right Cardio 11am-12pm	*SilverSneakers w/Michelle 11:30am-12pm	Pickleball 11am-1pm	
11:45-12									
12-12:15									
12:15-12:30									
No scheduled programs 12:30-3pm each day / Gymnasium & Orchid Room are available as shared space for basketball, walking, fitness, etc. unless reserved for programs or rental.									
3-4:00									
4-4:15									
4:15-4:30									
4:30-4:45									
4:45-5									
5-5:15									
5:15-5:30									
5:30-5:45	Dancercize w/Debbie 5:30-6:15pm	Tabata w/Wendy 5:30-6:15pm	Britney's Beats w/Britney 5:30-6pm	*Weatherbee School of Dance Ages 2-4 3-3:45PM Ages 5-7 3:45-5PM Ages 8-10 4:30-5:45PM (Additional fee paid to Instructor)	Bootcamp w/Adrienne 5:30-6:15pm	Tae Kwon Do w/Shirley 4:30-5:45pm			
5:45-6									
6-6:15									
6:15-6:30			Intro to Boxing w/coach Jeff 6-7pm			Tabata w/Wendy 5:45-6:30pm			
6:30-6:45							USA Boxing Club w/coach Jeff 6-8pm		
6:45-7							USA Boxing Club w/coach Jeff 6-8pm		

* Preregistration required for Healthy4Life, SilverSneakers, Dance & Intro to gymnastics.

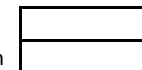
* Sign up recommended for Spin.

Classes subject to change. Visit our website for the most up to date schedule. www.comfitme.com



Gymnasium

Orchid Room



Cardio Room

Weight Rm