

	M	Tu	W	Th	F	Sat	Sun
5:45 am	Cycle Karen	Step Mark	Cycle Erica	Cycle Kim/Pam	Cycle Mike		
8:15 am				5:45a Cardio Circuit Erica		Power Laurie/ Kathleen	
		Cycle Betsy O.	Step Kathleen	Cycle Karen	Step Kathleen	8am Cycle Pam F.	8am Cycle Amy/Erica
		Qi Gong Pam V.		Vinyasa Yoga 75min Cyndy		Centergy Amy/ Kathleen	Step Kim/ Laura
8:30 am	Water Work Kathleen		Pilates Cheryl		Pilates Cheryl	Aqua Fit Betsy U.	
9:15 am	Step + weights Kim		Power Chantal		Power Pam F.	Pilates Susan	Power Laurie
		Aqua Fit Bronwen	Deep Water Elizabeth	Aqua Fit Carolyn	Aqua Fit Kathleen		
9:30 am	Cycle Pam	Cycle Amy	Cycle Betsy O.	Cycle Bronwen	Cycle Kim	Cycle Bronwen	
		Groove Kim		Kick Kim/ Chantal		Kick Kim	
	Centergy Amy	Pilates Bootcamp Betsy O.	Hot Pwr Yoga 75min Mariko	Pilates Bootcamp Betsy O.	Hot Pwr Yoga 90min Mariko		Hatha Yoga 75min Team
10:30 am	Active Laurie	Power Pam F.	Active Kathleen	Power Kathleen	Groove Carolyn	Active Laurie	
10:40 am	Kripalu Yoga 75min Cyndy	Pilates Susan		Centergy Chantal			
	30min. Ride Amy						
11:45 am		Senior Strength Susan		Senior Strength Elizabeth	Hatha Yoga Pam V		
5:15 pm	Pilates Susan			Muscle Circuit Kathleen			Centergy Chantal
6:15 pm	Power Laurie	Zumba Erin/Anna	Power Laurie	Step Laura			
	Hot Pwr Yoga 75min Mariko			Hatha Yoga 75min Pam V			
6:30 pm		Cycle Mike	Aqua Fit Betsy U.	Cycle Karen			
		Centergy Amy/ Kathleen	Pilates Hannah				









Club Services - 978.831.1200

Descriptions on back & on-line.





Schedule may shift. Check on-line for weather cancellations.

Contact Kim
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Cardiovascular Workouts

-  **Aqua Fit** - a total body workout that will get you running & kicking in the water. *Pool. 60min.*
-  **Cycle** - challenging and rewarding workout on indoor bikes listening to inspiring music. *On-line sign-up required 72-2 hours in advance.* *Cycle studio. 60min.*
-  **Deep Water** - using floats workout your whole body with plenty of resistance but no impact. *Pool. 60min.*
-  **Groove** - stomp, shake, slide & smile your way through a fusion of club, urban and latin dance styles set to chart topping and retro classic tunes. *Studio 1. 60min.*
-  **Kick** - electric mix of martial arts and boxing, kicks up your cardio and defines your body and self confidence. *Studio 1. 60min.*
-  **Speed Ride** - quick, super-intense cardio workout on indoor bikes. *Cycle studio. 30min.*
-  **Step** - use a step to strengthen and shape your body moving to motivating music. **Step+** includes strength training. *Studio 1. 60min.*
-  **Zumba** - ditch the workout join the party! Latin rhythms and simple movements in an interval format tones muscles and burns fat. *Studio 1. 60min.*

Cardio + Strength Workouts

-  **Active** - a low impact workout on the step & with weights to strengthen and balance. *Studio 1. 60min.*
-  **Cardio Circuit** - Intense interval training with cardio drills and plyometrics. *Studio 1. 60min.*
-  **Senior Strength** - sensitive & gentle movements to improve balance and bone density. *60min. Studio 3*
-  **Water Work** - aerobic and strength work using natural water resistance. *Pool. 90min.*

Conditioning Workouts

-  **Centergy**- a journey of yoga and Pilates movements set to uplifting music so you can center your energy and reduce stress. *Studio 3. 60min.*
-  **Muscle Circuit** - combine strength and balance movements to tone and sculpt. *Studio 1. 60min.*
-  **Pilates** - strength and flexibility training focusing on the core and mind/body awareness. *Studio 3. 60min.*
-  **Pilates Bootcamp** - confident knowledge of the repertoire is needed for this swift pace, intense workout that uses props to increase the workload. *Studio 3. 60min.*
-  **Power** - use barbells to strengthen all major muscles with simple athletic movements. *Studio 1. 60min.*

Yoga

- Hatha & Vinyasa Yoga** - gentle/moderate class with postures and breath awareness designed to discover, heal, and heighten your health. *Studio 3. 75min.*
- Hot Power Yoga** - Power Yoga in a warmer room to allow deep stretching as you cleanse your body and calm your mind. *Studio 3. 90min.*
- Kripalu Yoga** - warm-ups, postures, and breath work. Energy, strength and flexibility are created by sustaining postures and moving through stages of awareness. *Studio 3. 75min.*
- Power Yoga** - energetic, fitness-based approach to Vinyasa-style yoga synchronizing breath with movement. *Studio 3. 60min.*
- Qi Gong** - an ancient Chinese form of exercise to practice rhythmic flowing movements for health and vitality. *Studio 3 or outdoors weather permitting. 45min.*