



North Shore

GROUP EXERCISE CLASS SCHEDULE

MONDAY

5:45-6:30AM	PILATES MAT II	AMY HALL	STUDIO A
8:15-9:00AM	SPIN	ELLEN NAGY	STUDIO B
8:30-9:30AM	BODYPUMP	AMY HALL	GYM
9:45-10:30AM	BODYCOMBAT	AMY HALL	GYM
11:30-12:15PM	YOGA SCULPT	AMY CUNNINGHAM	STUDIO A
5:15-6:00PM	CARDIO INTERVAL	AMY HALL	STUDIO A

TUESDAY

5:45-6:30AM	BOOTCAMP	DOUG DESSECKER	GYM
8:15-9:00AM	PILATES MAT II	AMY HALL	STUDIO A
9:15-10:15AM	SPIN FUSION	CHRISTINE MCBRIDE	STUDIO B
11:45-1:00PM	LEVEL 1-2 YOGA	LORRAINE GHORBANPOOR	STUDIO A
5:45-6:45PM	BODYPUMP	AMANDA GOSS	GYM

WEDNESDAY

8:15-9:15AM	SPIN	JOHN BOLGER	STUDIO B
8:30-9:30AM	HIIT & CORE	AMY HALL	GYM
9:15-10:15AM	VINYASA YOGA	AMY CUNNINGHAM	STUDIO A
9:45-10:30AM	BODYPUMP	BRUNI KOELLER	GYM
5:30-6:45PM	HATHA YOGA	POORNIMA PRADEEP	STUDIO A
6:15-6:45PM	SPIN EXPRESS	ERIN BECKER	STUDIO B

THURSDAY

5:45-6:45AM	BODYPUMP	AMY HALL	GYM
8:30-9:15AM	BTS	AMY HALL	GYM
9:15-10:15AM	HOT YOGA	KIRSTEN HINZ	STUDIO A
9:30-10:15AM	CARDIO INTERVAL	AMY HALL	GYM
6:00-6:45PM	BARRE	DANA DIEDRICH	BARRE

FRIDAY

5:45-6:30AM	SPIN	ERIN BECKER	STUDIO B
8:15-9:15AM	SPIN	JOHN BOLGER	STUDIO B
8:15-9:00AM	CARDIO SCULPT	ANGIE HOEHNEN	STUDIO A
9:15-10:15AM	VINYASA YOGA	KATHI CASTLE	STUDIO A

SATURDAY

7:45-8:45AM	POWER YOGA	KIRSTEN HINZ	STUDIO A
8:15-9:00AM	BODYPUMP	AMY HALL	GYM
9:15-10:15AM	POWER YOGA	KIRSTEN HINZ	STUDIO A

SUNDAY

9:00-10:00AM	BODYPUMP	STEVE BRONIKOWSKI	GYM
9:15-10:30AM	HATHA YOGA	POORNIMA PRADEEP	STUDIO A
10:15-11:15AM	BODYCOMBAT	STEVE BRONIKOWSKI	GYM

PLEASE MAKE YOUR CLASS RESERVATIONS IN THE MEMBER APP.
ALL CLASSES ARE SUBJECT TO A \$10 24-HOUR LATE CANCELLATION FEE AND A \$15 NO-SHOW FEE.

