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
9:30-10:30AM	YOGA MOBILITY FLOW	KRISTIN WILLIAMS	STUDIO A
5:15-6:00PM	CARDIO INTERVAL	AMY HALL	STUDIO A
6:15-7:00PM	PILATES MAT I	KIARA CHILDS	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
5:30-6:30PM	BODY PUMP	JOY BREZOVAR	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	BODY PUMP	BRUNI KOELLER	GYM
10:30-11:30AM	GENTLE YOGA	ANNE BSLENTINE	STUDIO A
5:30-6:45PM	HATHA YOGA	POORNIMA PRADEEP	STUDIO A
6:00-6:30PM	SPIN EXPRESS	ERIN BECKER	STUDIO B

THURSDAY

5:45-6:45AM	BODY PUMP	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

FRIDAY

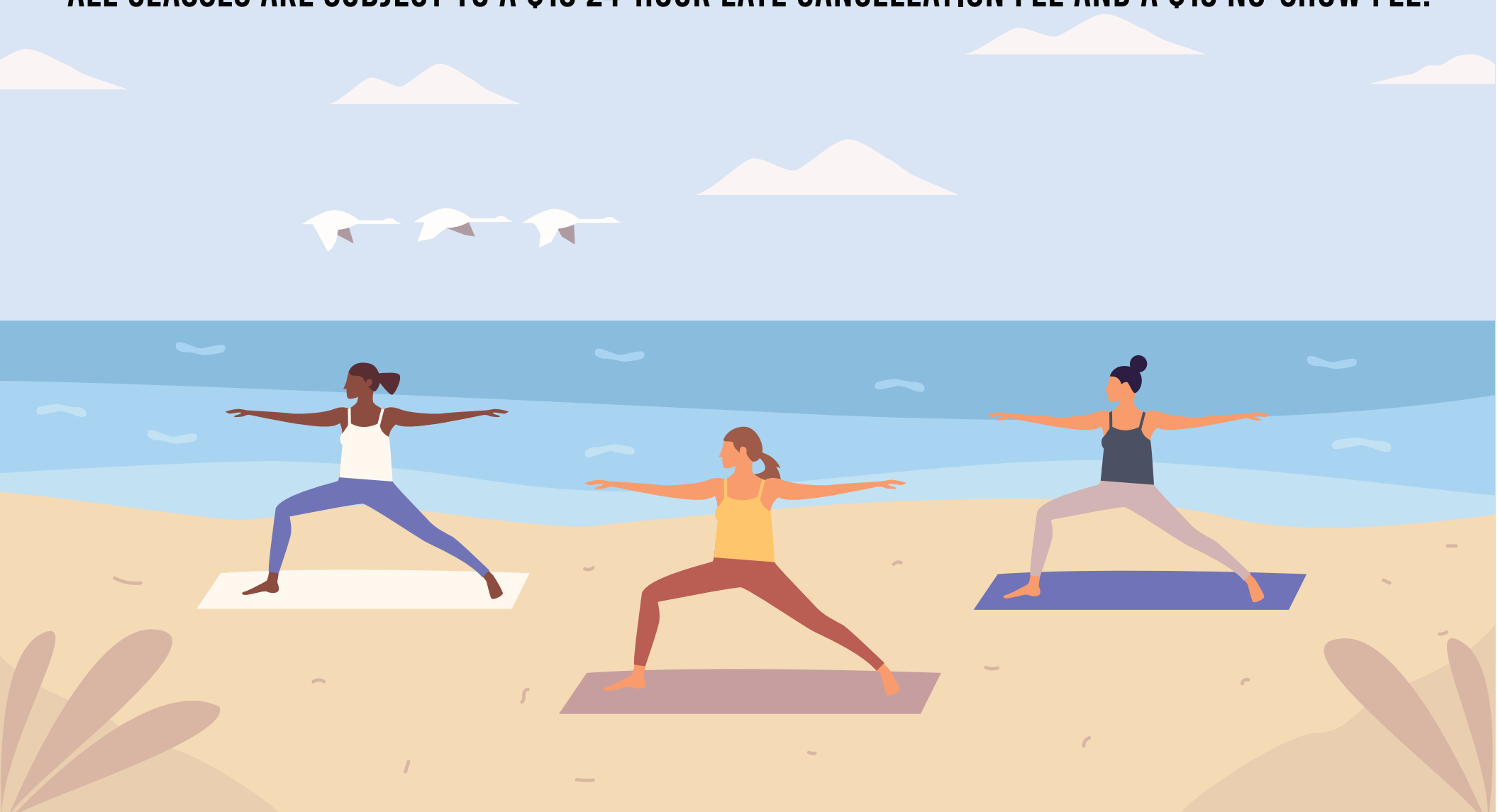
5:45-6:30AM	SPIN	ERIN BECKER	STUDIO B
5:45 - 6:45AM	HIIT & CORE	AMY HALL	GYM
8:15-9:15AM	SPIN	JOHN BOLGER	STUDIO B
9:15-10:15AM	VINYASA YOGA	KATHI CASTLE	STUDIO A

SATURDAY

7:45-8:45AM	VINYASA YOGA	KIRSTEN HINZ	STUDIO A
8:15-9:00AM	BODY PUMP	LIZ RODRIGUEZ	GYM
9:15-10:15AM	VINYASA YOGA	KIRSTEN HINZ	STUDIO A

SUNDAY

9:00-10:00AM	BODY PUMP	STEVE BRONIKOWSKI	GYM
9:15-10:30AM	HATHA YOGA	POORNIMA PRADEEP	STUDIO A
10:15-11:15AM	BODY COMBAT	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.