



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
5:45-6:45PM	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
10:30-11:30AM	GENTLE YOGA	ANNE VALENTINE	STUDIO A
5:15-6:00PM	HIIT	JESSICA PETERSON	GYM
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	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

FRIDAY

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

SATURDAY

7:45-8:45AM	VINYASA YOGA	KIRSTEN HINZ	STUDIO A
8:00-8:45AM	SPIN	JEFFREY JEANPIERRE	STUDIO B
8:15-9:00AM	BODYPUMP	LIZ RODRIGUEZ	GYM
9:15-10:15AM	VINYASA 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. SCHEDULE SUBJECT TO CHANGE. PLEASE CHECK THE MEMBER APP FOR THE MOST ACCURATE, UP-TO-DATE INFO.

