

**SUMMER**

**2018**

effective 6.25



# GROUP EXERCISE SCHEDULE

boston athletic club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>S</b> 6:00am <b>Schwinn Cycle</b> Josh	<b>S</b> 6:00am <b>Schwinn Express</b> Erin (45 min)	<b>S</b> 6:00am <b>Schwinn Express</b> Shannon (45 min)	<b>S</b> 6:00am <b>Schwinn Cycle</b> Terry	<b>S</b> 6:00am <b>Schwinn Cycle</b> Josh	<b>P</b> 8:00am <b>Water Workout</b> Lori	<b>S</b> 9:00am <b>Schwinn Express</b> Chrissy (45 min)
<b>G</b> 6:00am <b>Interval SR</b> Janine	<b>G</b> 6:00am <b>Tabata Cardio</b> Sarah	<b>G</b> 6:00am <b>GROUPPOWER</b> Schlyer	<b>G</b> 6:00am <b>CIRCUIT TRAINING</b> Rita	<b>M</b> 6:00am <b>Barre Core Strength</b> Rita	<b>M</b> 8:30am <b>Vinyasa Flow</b> Coe	<b>M</b> 10:00am <b>Barre Workout</b> Dorothy
<b>G</b> 8:30am <b>Forever Fit</b> Rhea	<b>M</b> 6:00am <b>Rise &amp; Shine Yoga</b> Amy	<b>G</b> 8:30am <b>Forever Fit</b> Sarah	<b>M</b> 6:00am <b>Rise &amp; Shine Yoga</b> Patti	<b>G</b> 7:00am <b>Core Fit</b> Rita (30 min)	<b>S</b> 8:30am <b>Schwinn Cycle</b> Chrissy/Kristin	
<b>P</b> 9:30am <b>Forever Fit AQUA</b> Lori	<b>P</b> 6:00am <b>Swim Club</b> Terry	<b>P</b> 9:30am <b>Forever Fit AQUA</b> Lori	<b>G</b> 8:30am <b>Forever STRONG</b> Rhea	<b>M</b> 8:30am <b>Forever Barre</b> Rita	<b>G</b> 8:30am <b>GROUPPOWER</b> Victoria	
<b>G</b> 10:00am <b>Total Body Workout</b> Rhea	<b>S</b> 7:00am <b>Schwinn/Barre Fusion</b> <b>M</b> Amy	<b>G</b> 10:00am <b>Total Body Workout</b> Sarah	<b>P</b> 9:30am <b>Forever Fit AQUA</b> Lori	<b>P</b> 9:30am <b>Forever Fit AQUA</b> Maryellen	<b>G</b> 9:30am <b>GROUPFIGHT</b> Caitlin	
<b>S</b> 11:15am <b>Schwinn Express</b> Rhea (45 min)	<b>M</b> 8:30am <b>Forever Barre</b> Lori	<b>S</b> 11:15am <b>Schwinn Express</b> Janine (45 min)	<b>S</b> 9:30am <b>Schwinn Express</b> Rita (45 min)	<b>G</b> 9:30am <b>HIITLISS</b> Rita	<b>S</b> 9:45am <b>Schwinn Express</b> Chrissy/Kristin (45 min)	
<b>M</b> 5:30pm <b>Vinyasa Flow</b> Kristin	<b>M</b> 10:30am <b>Vinyasa Flow</b> Terry	<b>M</b> 5:30pm <b>Vinyasa Flow</b> Coe	<b>M</b> 10:30am <b>Yin Yoga</b> Terry	<b>G</b> 4:30pm <b>GROUPPOWER</b> Caitlin	<b>G</b> 10:30am <b>Core Fit</b> Caitlin (30 min)	
<b>G</b> 5:30pm <b>GROUPPOWER</b> Amy	<b>S</b> 4:30pm <b>Schwinn Express</b> Janine (45 min)	<b>G</b> 5:30pm <b>Hip Hop Cardio</b> Caitlin	<b>G</b> 5:00pm <b>Core Fit</b> Caitlin (30 min)	<b>S</b> 5:30pm <b>Schwinn/Barre Fusion</b> <b>M</b> Amy	<b>M</b> 12:30pm <b>Ashtanga Yoga</b> Gene (90 min)	
<b>G</b> 6:30pm <b>Tabata Cardio</b> Caitlin	<b>M</b> 5:30pm <b>Vinyasa Flow</b> Patti	<b>S</b> 5:30pm <b>Schwinn Express</b> Jeff (45 min)	<b>G</b> 5:30pm <b>Tabata Cardio</b> Caitlin			
<b>S</b> 6:30pm <b>Schwinn Express</b> Kristin (45 min)	<b>G</b> 5:30pm <b>Super CIRCUIT</b> Janine (50 min)	<b>G</b> 6:30pm <b>GROUPPOWER</b> Amy	<b>S</b> 5:45pm <b>Schwinn Express</b> Jeff (45 min)			
<b>M</b> 6:30pm <b>Pilates</b> Amy	<b>S</b> 5:30pm <b>Schwinn Express</b> Chrissy (45 min)		<b>M</b> 6:30pm <b>Barre Workout</b> Nikki			
	<b>G</b> 6:30pm <b>GROUPFIGHT</b> Caitlin					

**FITNESS**  
on demand™

**VIRTUAL FITNESS CLASSES**

Pre-scheduled virtual classes run automatically and complement our live classes. Or, choose your own class on your own time.

Sign up is not required for Virtual Classes, just show up!

Check out the Virtual Schedule on the reverse side →

**Studio Guide**

<b>G</b> Group Exercise Main Studio 1st Floor
<b>S</b> Schwinn Cycle Studio 2nd Floor
<b>M</b> Mind/Body Studio 2nd Floor
<b>P</b> Pool

CHECK OUT WEEKLY SUBS AND HOLIDAY SCHEDULES ONLINE  
[www.bostonathleticclub.com/group-exercise/weekly-changes](http://www.bostonathleticclub.com/group-exercise/weekly-changes)

**CLUB HOURS**

Monday - Thursday  
5:30 AM - 11 PM

Friday  
5:30 AM - 9 PM

Saturday & Sunday  
7 AM - 5 PM