

	55 CHURCH ST GYM	HUNT BUILDING	ONLINE	OTHER*
MON	4:15-5:15pm Body Sculpting w/Diane 1:00-2:00pm Land Arthritis w/Teresa 5:30-6:30pm Yoga for Stiff People w/Kelly	6:30-7:30am Spin w/Mary		9:00-10:00am Gentle Yoga w/Cathy WHITE POND BEACH
TUE	8:30-9:30am Yoga Stretch & Strength w/Lisa 10:30-11:30am Stretch & Arthritis w/Carolyn 12:00-1:00pm Light Stretch & Strength w/Carolyn 4:15-5:15pm Body Sculpting w/Diane			10:00-11:00am Gentle Flow Yoga w/Eleonora EMERSON PARK
WED	9:30-10:30am Yoga Basics w/Cathy 4:30-5:30pm Yin Yoga w/Amber	9:30-10:30am Boot Camp w/Carolyn 10:30-11:30am Baby & Me Boot Camp w/Carolyn 11:30am-12:30pm Baby & Me Dance w/Carolyn		
THU	9:30-10:30am Pilates with Weights w/Lori 4:00-5:00pm Gentle Yoga w/Melinda			
FRI	9:00-10:00am Body Sculpting w/Diane 10:00-11:00am Stretch & Arthritis w/Carolyn 11:00am-12:00pm Yoga for Stiff People w/Kelly		8:00-9:00am Yoga Stretch & Strength w/Lisa	8:30-9:30am Walk Your Way to Wellness w/Geralyn EMERSON TRACK

*These are classes held only during certain times of the year at seasonal locations.



Check out the new
Fitness Pass!