

GROUP FITNESS SCHEDULE

FALL 2023: SEPTEMBER 10 - DECEMBER 16

	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	6:30-7:30am Spin w/Mary		
	5:30-6:30pm Yoga for Stiff People w/Kelly			9:00-10:00am Gentle Yoga w/Cathy WHITE POND BEACH
	8:30-9:30am Yoga Stretch & Strength w/Lisa			
TUE	10:30-11:30am Stretch & Arthritis w/Carolyn			
	12:00-1:00pm Light Stretch & Strength w/Carolyn			10:00-11:00am Gentle Flow Yoga w/Eleonora EMERSON PARK
	4:15-5:15pm Body Sculpting w/Diane			
WED	9:30-10:30am Yoga Basics w/Cathy	9:30-10:30am Boot Camp w/Carolyn		
	4:30-5:30pm Yin Yoga w/Amber	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	8:00-9:00am Yoga Stretch & Strength w/Lisa		
	11:00am-12:00pm Yoga for Stiff People w/Kelly			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!