

GROUP FITNESS SCHEDULE

SUMMER 2023: JUNE 12 - AUGUST 27

	55 CHURCH ST GYM	HUNT BUILDING	ONLINE	OTHER*
MON	9:00-10:00am Small Equipment Workout w/Teresa			
	10:15-11:15am Stretch & Arthritis w/Teresa	6:00-7:00am Rip & Ride w/Mary	9:30-10:30am Pilates with Weights w/Cheryl	
	4:15-5:15pm Body Sculpting w/Diane			
TUE	8:30-9:30am Yoga Stretch & Strength w/Lisa			6:45-7:45am Baby Boomer Boot Camp w/Teresa
	10:30-11:30am Stretch & Arthritis w/Carolyn		6:00-7:00am Boot Camp w/Mary	BEEDE PATIO
	4:15-5:15pm Body Sculpting w/Diane			9:00-10:00am Gentle Yoga w/Melinda
WED	9:30-10:30am Yoga Basics w/Cathy			WHITE POND
	10:45-11:45am Stretch & Arthritis w/Teresa	6:00-7:00am Rip & Ride w/Mary	8:30-9:30am Align for Motion w/Shirley	5:30-6:30pm Yoga for Stiff People w/Kelly
	12:00-1:00pm Small Equipment Workout w/Teresa			EMERSON FIELD
THU	9:30-10:30am Pilates with Weights w/Lori			
	10:45-11:45am Stretch & Arthritis w/Teresa			6:45-7:45am Baby Boomer Boot Camp w/Teresa
	12:00-1:00pm Small Equipment Workout w/Teresa			BEEDE PATIO
FRI	8:45-9:45am Body Sculpting w/Diane		8:00-9:00am Yoga Stretch & Strength w/Lisa	
			4:30-5:15pm Restorative Yoga w/Kelly	
SU				8:30-10:00am Paddleboard Yoga w/Amber
				WHITE POND
				11:00am-12:30pm Hike Yoga w/Amber
				FAIRYLAND PARK

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