CLASS DESCRIPTIONS

3-2-1 SHRED
A circuit class. 3 mins strength training | 2 mins cardiovascular | 1 minute abs

AB SHRED
Transform your abs. 30 mins of conditioning exercises for your torso and abdominal areas.

BODY ATTACK
A high/low sport conditioning workout that burns 700-1200 calories! This sports-inspired cardio workout builds strength and stamina. High-energy interval training combines athletic moves to keep your heart pumping.

BODY BLAST
A full body workout with intervals of cardio and weights.

BODY PUMP
Resistance training to music is a revolutionized exercise concept that works all muscle groups.

CARDIO KICKBOX
A high-intensity class using a series of kicks and punches to work your entire body.

CHISLED
A challenging head-to-toe workout using a variety of equipment, focused on engaging core muscles to maximize total body conditioning.

CHISLED - LOWER
A 30 min class using weights, bands and steps to target quads, hamstrings, glutes and calves.

CHISLED - UPPER
A 30 min class using weights, bands and steps to target chest, back, shoulders, biceps and tripceps.

GENTLE YOGA
A wholesome approach to achieving perfect physical and mental health, happiness and tranquility. This class uses simple poses and breathing techniques to easily calm the mind. Perfect for beginners, those with or recovering from injuries, or seasoned members.

PILATES
One of the safest and most effective exercise options. Unite your body and mind and create a more streamlined shape. Build core abdominals, restore natural posture and develop strength, flexibility, and endurance.

STEP
A challenging aerobic workout choreographed to music, utilizing the step and ending with ab work.

STRONG by Zumba
Stop counting the reps. Start training to the beat. STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

TABATA
This is a cardio class focused on raising your heart rate and maximizing your calorie burn. A combination of four heart pumping cardio Tabatas and four strength training Tabatas deliver full-body tone and increased cardio capability.

TAI CHI
Through graceful, moving meditation and controlled breathing, Tai Chi incorporates slow, focused movements. Slow movements require endurance, not force, which develop different muscle fibers. Low impact puts minimal stress on muscles and joints.

YAH CARDIO & SCULPT
Perfect for the “young at heart,” enjoy low impact choreography for 30 mins, followed by muscle conditioning and ab work.

YAH YOGA WITH PROPS
Gentle yoga with light weights, bands and balls - perfect for the “young at heart.” Chairs are available to use as props.

YOGA
A wholesome approach to achieving perfect physical and mental health, happiness and tranquility.

ZUMBA
A fusion of Latin and international music and dance create a dynamic, exciting and effective workout. Zumba is a mixture of body sculpting movements with easy-to-follow dance steps.
## Group Exercise Schedule

**Winter Schedule | Effective January 23rd**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
<th>Sunday</th>
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</thead>
<tbody>
<tr>
<td>5:45AM</td>
<td><strong>Les Mills Bodypump</strong> Amy M</td>
<td><strong>Les Mills Bodypump</strong> Lisa G</td>
<td><strong>Les Mills Bodypump</strong> Amy M</td>
<td><strong>Les Mills Bodypump</strong> Lisa G</td>
<td><strong>Les Mills Bodypump</strong> Margot B</td>
<td><strong>Step</strong> Amy B</td>
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<tr>
<td>7:05AM</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Body Blast</strong> Amy M</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Les Mills Bodypump</strong> Madeleine</td>
<td><strong>Les Mills Bodypump</strong> Cheryl H</td>
<td><strong>Step</strong> Amy B</td>
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<tr>
<td>8:00AM</td>
<td><strong>Les Mills Bodypump</strong> Kristie W</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Body Blast</strong> Melanie V</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Strong Studio 1</strong> Lorena</td>
<td><strong>Step</strong> Amy B</td>
<td></td>
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<tr>
<td>8:30AM</td>
<td><strong>Les Mills Bodypump</strong> Shanda S</td>
<td><strong>3-2-1 Shred</strong> Amy B</td>
<td><strong>Cardio Kickbox</strong> Melanie V</td>
<td><strong>Les Mills Bodyattack</strong> Michele F</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Pilates Studio 1</strong> Laura R</td>
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<tr>
<td>9:00AM</td>
<td><strong>Les Mills Bodypump</strong> Shanda S</td>
<td></td>
<td><strong>Cardio Kickbox</strong> Melanie V</td>
<td></td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Pilates Studio 1</strong> Laura R</td>
<td></td>
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<tr>
<td>9:30AM</td>
<td><strong>Les Mills Bodypump</strong> Amy B</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Cardio Kickbox</strong> Suzanne H</td>
<td><strong>Les Mills Bodypump</strong> Margot B</td>
<td><strong>Les Mills Bodypump</strong> Lisa G</td>
<td><strong>Pilates Studio 1</strong> Laura R</td>
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<tr>
<td>10:00AM</td>
<td><strong>Les Mills Bodypump</strong> Shanda S</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Cardio Kickbox</strong> Melanie V</td>
<td><strong>Les Mills Bodyattack</strong> Michele F</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Pilates Studio 1</strong> Laura R</td>
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<tr>
<td>10:30AM</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Pilates Studio 1</strong> Lorena</td>
<td><strong>Les Mills Bodyattack</strong> Michele F</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Pilates Studio 1</strong> Laura R</td>
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<tr>
<td>11:00AM</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>3-2-1 Shred</strong> Amy B</td>
<td><strong>Cardio Kickbox</strong> Suzanne H</td>
<td><strong>Les Mills Bodyattack</strong> Michele F</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Pilates Studio 1</strong> Laura R</td>
<td><strong>Yoga</strong></td>
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<tr>
<td>11:30AM</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>3-2-1 Shred</strong> Amy B</td>
<td><strong>Cardio Kickbox</strong> Suzanne H</td>
<td><strong>Les Mills Bodyattack</strong> Michele F</td>
<td><strong>Les Mills Bodypump</strong> Michele F</td>
<td><strong>Pilates Studio 1</strong> Laura R</td>
<td><strong>Body Blast</strong></td>
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<tr>
<td>4:30PM</td>
<td><strong>Chisled Lower</strong> Melanie V</td>
<td><strong>Chisled Lower</strong> Shanda</td>
<td><strong>Chisled Lower</strong> Shanda</td>
<td><strong>Chisled Lower</strong> Shanda</td>
<td><strong>Chisled Lower</strong> Shanda</td>
<td><strong>Chisled Lower</strong> Shanda</td>
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<tr>
<td>5:00PM</td>
<td><strong>AB Shred</strong> Melanie V</td>
<td><strong>AB Shred</strong> Shanda</td>
<td><strong>AB Shred</strong> Shanda</td>
<td><strong>AB Shred</strong> Shanda</td>
<td><strong>AB Shred</strong> Shanda</td>
<td><strong>AB Shred</strong> Shanda</td>
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<tr>
<td>5:30PM</td>
<td><strong>Cardio Kickbox</strong> Theresa</td>
<td><strong>Les Mills Bodypump</strong> Cheryl H</td>
<td><strong>Zumba</strong> Lorena</td>
<td><strong>Les Mills Bodypump</strong> Lisa G</td>
<td><strong>Les Mills Bodypump</strong> Lisa G</td>
<td><strong>Zumba</strong> Christine P</td>
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<tr>
<td>6:30PM</td>
<td><strong>Les Mills Bodypump</strong> Shanda</td>
<td><strong>Les Mills Bodypump</strong> Shanda</td>
<td><strong>Zumba</strong> Lorena</td>
<td><strong>Les Mills Bodypump</strong> Kylea</td>
<td><strong>Les Mills Bodycombat</strong> Kylea</td>
<td><strong>Les Mills Bodycombat</strong> Kylea</td>
<td></td>
</tr>
<tr>
<td>7:30PM</td>
<td><strong>Strong Yoga</strong> Lorena</td>
<td><strong>Strong Yoga</strong> Michele G</td>
<td><strong>Strong Yoga</strong> Michele G</td>
<td><strong>Strong Yoga</strong> Michel G</td>
<td><strong>Strong Yoga</strong> Michel G</td>
<td><strong>Strong Yoga</strong> Michel G</td>
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**Weymouth Club Hours:**
- Mon-Thu: 5:00am-10:00pm
- Fri: 5:00am-9:00pm
- Sat: 6:00am-7:00pm
- Sun: 7:00am-6:00pm

**Energy Center Hours:**
- Mon-Fri: 8:15am-1:00pm & 3:30pm-7:30pm
- Sat: 8:00am-2:00pm
- Sun: 8:30am-1:00pm