



# winter schedule

effective JAN 14<sup>TH</sup>

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45AM	<b>MY ZONE</b> Bridget D		<b>RHYTHM</b> Theresa		<b>JOURNEY</b> Cheryl H		
7:30AM						<b>MY ZONE</b> Pauline D	
8:00AM							<b>RHYTHM</b> Courtney S
9:00AM						<b>RHYTHM</b> Courtney S	
9:30AM	<b>MY ZONE</b> Linda M	<b>JOURNEY</b> Debbie Z	<b>MY ZONE</b> Michele F	<b>RHYTHM</b> Jenn P			
10:15AM						<b>JOURNEY</b> Bridget D	<b>MY ZONE BASIC*</b> Rachel C
5:30PM	<b>MY ZONE / JOURNEY</b> Bill G		<b>MY ZONE</b> Jen S		<b>MY ZONE BASIC**</b> Deb Z ** FIRST Friday of each month		
6:30PM	<b>RHYTHM</b> Courtney S	<b>MY ZONE</b> Theresa		<b>RHYTHM</b> Jen P			
7:30PM			<b>RHYTHM</b> Jen S				

## JOURNEY CYCLE

Come escape with the pack!

This amazing cardiovascular workout will have you on a scenic road trip through mountains, back roads and coastal paths.

## MY ZONE CYCLE

Push harder and feel motivated while consistently improving your fitness level!

Ride with a My Zone monitor to track your calories, heart rate and effort, and watch your results live on a video monitor.

\*MY ZONE BASIC: A 45 minute beginner class teaches you all about using your My Zone strap.

ALL CLASSES: Stop by the front desk to pick up your My Zone strap. Please arrive 10-15 minutes before class to get set up.

## RHYTHM CYCLE

Ride to the rhythm and beat of the music!

A full body workout to inspiring music that will lift your spirit and transform your body.

## MY ZONE / JOURNEY

Outdoor cycling enthusiasts will enjoy this ride!

Ride with a My Zone monitor to track your calories, heart rate and effort, and watch your results live on a video monitor.

Some rides will consist of a scenic road trip through mountains and back roads.

ALL CLASSES: Stop by the front desk to pick up your My Zone strap. Please arrive 10-15 minutes before class to get set up.



*More than Fitness... It's a Way of Life!*

**SIGN UP ONLINE OR AT THE FRONT DESK**

WEYMOUTH CLUB HOURS: Mon-Thurs 5:00am-10:00pm · Fri 5:00am-9:00pm · Sat 6:00am-7:00pm · Sun 7:00am-6:00pm  
ENERGY CENTER HOURS: Mon-Fri 8:30am-1:00pm & 3:30pm-7:30pm · Sat 8:30am-2:00pm · Sun 10:00am-2:00pm