

CLASS SCHEDULE | effective MARCH 11th



DROP IN: \$20/class - member · \$30/class - non-member

MONTHLY: \$99/month · Members Only · Unlimited Classes

monthly membership also includes mind/body classes

ALL LEVEL CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM	AFTERBURN Madeleine 55 mins			KETTLEBELL/TRX Mike 55 mins	AFTERBURN Michele 55 mins		
8:00AM						AFTERBURN Colby 55 mins	
9:00AM					QUICK HIIT Mike 30 mins	BMAX Andy 30 mins	ACTIVE RECOVERY Brie 55 mins
9:30AM		AFTERBURN Mike 55 mins					
10:00AM	KETTLEBELL/TRX Mike 55 mins		AFTERBURN Wes 55 mins			KETTLEBELL/TRX Mike 55 mins	
6:00PM	AFTERBURN Sinead 55 mins			AFTERBURN Wes 55 mins			
6:30PM		AFTERBURN Wes 55 mins					
7:00PM			AFTERBURN Sinead 55 mins				

ELITE LEVEL CLASSES							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30AM		GAUNTLET Tim 55 mins		GAUNTLET Tim 55 mins			
6:00PM		GAUNTLET Dave 55 mins		GAUNTLET Dave 55 mins			

CLASS DESCRIPTIONS

AFTERBURN AFTERBURN takes you beyond basics to achieve body transformation through cardio conditioning and total body strength training in a fun, motivating setting. It uses heart rate tracking with My Zone technology to keep you in your target zone for maximum calorie burn.

SKILL LEVEL · Beginner-Intermediate | **INTENSITY** · Intermediate

ACTIVE RECOVERY Focusing on durability and pliability, increase mobility, core strength, spinal integrity, and balanced fitness conditioning. Too often stress and intense work dominates our lives, but adding this holistic approach can improve performance and reduce chance of injury.

SKILL LEVEL · Beginner | **INTENSITY** · Beginner/Recovery

BMAX Official workout of the New England Patriots Cheerleaders! BMAX is an innovative, 30 minute full body workout that delivers the 5 critical health components of physical fitness: cardio, flexibility, muscular strength, muscular endurance, and body composition.

SKILL LEVEL · Intermediate | **INTENSITY** · Moderate-High

KETTLEBELL/TRX Run through a full body workout using mainly a kettlebell and TRX equipment. TRX, or suspension training, is an excellent way to increase core strength for all fitness levels and provide an efficient workout. Kettlebells improve functional strength without the monotony of classic machines. Combine these two modes of training for one awesome, calorie burning, strength building experience!

SKILL LEVEL · All | **INTENSITY** · Varies

QUICK HIIT This is a great way to get the most bang for your buck! Classes incorporate a variety of interval training styles, including Tabata.

SKILL LEVEL · Intermediate-Advanced | **INTENSITY** · Moderate-High

ARE YOU READY FOR GAUNTLET? GAUNTLET is an ELITE level class for advanced team members. Challenge yourself in new ways by improving your inner and physical strength.

New participants, contact fitness department regarding fitness level at fitness@weymouthclub.com.

Winter: Pickleball Courts | Spring, Summer, Fall: Outdoors

SKILL LEVEL · Advanced | **INTENSITY** · High

QUESTIONS? fitness@weymouthclub.com



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