



TEAM TRAINING IN THE TENT SCHEDULE

MONDAY

Afterburn

5:30 am
Dana

Afterburn

6:00 pm
Marissa

TUESDAY

Gauntlet

5:30 am
Dana

Quick Hit

9:30 am
Amy

Afterburn

4:30 pm
Wes

Afterburn

6:30 pm
Wes

WEDNESDAY

Afterburn

6:00 am
Wes

Afterburn

6:00 pm
Amy

THURSDAY

Afterburn

4:30 pm
Wes

Afterburn

6:30 pm
Wes

FRIDAY

Afterburn

5:30 am
Michele

Quick Hit

9:30 am
Amy

SATURDAY

Afterburn

8:00 am
Colby

Quick Hit

9:00 am
Colby

SUNDAY

Gauntlet

9:00 am
Dana

Location: Outdoor Fitness Tent

These classes are offered exclusively to those with Team Training access

OCTOBER SCHEDULE

- Reservations can be made up to 48 hrs in advance on the FREE Weymouth Club app.
- We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.
- DROP IN: \$20/class - member, \$30/class - non-member
- MONTHLY: \$99/month. Members Only. Unlimited Classes. Addition of Team Training also includes mind/body classes.