

# GROUP X STUDIO SCHEDULE

Included with All Memberships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER BARRE BOOTCAMP 6:00am <i>Kalina</i>	<b>LES MILLS BODYPUMP</b> 5:45am <i>Amy M</i>	TABATA 8:30am - 45min <i>Danielle</i>	<b>LES MILLS BODYPUMP</b> 5:45am <i>Amy B</i>	POWER BARRE BOOTCAMP 6:00am <i>Kalina</i>	TOTAL BODY CIRCUIT 7:00am <i>Lorrie</i>	STEP 7:30am <i>Amy B</i>
CARDIO KICK & ABS 8:30am - 45min <i>Danielle</i>	FIT FUSION 6:45am - 45min <i>Lynne</i>	PILATES 9:30am <i>Michele</i>	FIT FUSION 6:45am - 45min <i>Lynne</i>	CHISEL'D 8:30am - 45min <i>Danielle</i>	TABATA 8:00am <i>Danielle</i>	CHISEL'D 8:45am - 45min <i>Amy B</i>
CHISEL'D 9:30am - 45min <i>Amy M</i>	<b>LES MILLS BODYPUMP</b> 8:15am <i>Michele</i>	ADVANCED CHAIR YOGA 10:45am <i>Jen S</i>	<b>LES MILLS BODYPUMP</b> 8:15am <i>Michele</i>	TABATA 9:30am <i>Michele</i>	ZUMBA 9:00am <i>Esta</i>	CHISEL'D 9:45am - 45min <i>Amy B</i>
THERAPEUTIC YOGA 10:45am <i>Jennifer</i>	TABATA 9:30am <i>Danielle</i>	CHAIR YOGA 12:00pm <i>Jen S</i>	CHISEL'D 9:30am - 45min <i>Amy M</i>	YAH: SCULPT & BALANCE 11:00am <i>Amy M</i>	YOGALATES 10:00am <i>Esta/Jayne</i>	CARDIO KICK & ABS 10:45am - 45min <i>Danielle</i>
FIT FUSION 12:00pm - 45min <i>Danielle</i>	YAH: AEROBIC SCULPT 10:45am <i>Lisa</i>	FIT FUSION 4:00pm - 45min <i>Lynne</i>	YAH: CARDIO SCULPT 10:45am <i>Amy K</i>	<div>Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.</div> <div>We ask that members cancel 2 hours prior to the class or there will be a \$5 late cancellation fee and a \$15 no call/no show fee.</div> <div>All classes are 55 minutes unless otherwise noted.</div> <div>For class descriptions, please contact Group X Director, Jessica Montrond at <a href="mailto:jmondrond@weymouthclub.com">jmondrond@weymouthclub.com</a> or (781) 682-5843</div> <div>Schedules are subject to change*</div>		
<b>LES MILLS BODYPUMP</b> 4:00pm <i>Kara</i>	CHISEL'D EXPRESS 4:00pm - 30min <i>Jessica</i>	CHISEL'D 5:00pm - 45min <i>Amy B</i>	CHISEL'D EXPRESS 4:00pm - 30min <i>Jessica</i>			
CHISEL'D 5:00pm - 45min <i>Lynne</i>	FIT FUSION 4:30pm - 45min <i>Jessica</i>	ZUMBA 6:00pm <i>Lorena</i>	FIT FUSION 4:30pm - 45min <i>Jessica</i>			
ZUMBA 6:00pm <i>Lorena</i>	PUMP TOTAL BODY 5:30pm - 45min <i>Lisa C</i>	YOGA 7:00pm <i>Jayne</i>	<b>LES MILLS BODYPUMP</b> 5:30pm <i>Lisa G</i>			
YOGA 7:00pm <i>Pauline</i>	BARRE PUMP 6:30pm <i>Amy B</i>					

# WCYCLE STUDIO SCHEDULE

Included with All Memberships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM RIDE 5:45am <i>Theresa</i>	POWER RIDE 9:30am <i>Deb</i>	RHYTHM RIDE 5:45am <i>Theresa</i>	HIIT RIDE 5:45am <i>Melissa</i>	RHYTHM RIDE 8:30am - 45min <i>Jen P</i>	POWER RIDE 7:30am <i>Pauline</i>	POWER CYCLE & MINDFUL STRETCH 9:00am <i>Pauline</i>
RHYTHM POWER PLUS 9:30am - 45min <i>Jen S</i>		TABATA CYCLE 8:30am <i>Michele</i>	RHYTHM RIDE 9:30am <i>Jen P</i>		RHYTHM RIDE 9:00am - 45min <i>Nancy</i>	
RHYTHM RIDE 5:30pm <i>Jen P</i>		POWER CYCLE & MINDFUL STRETCH 5:30pm <i>Pauline</i>				

# WATER FITNESS SCHEDULE

Included with All Memberships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEEP WATER BOOTCAMP 9:30am <i>Jean - Lap Pool</i>	DEEP WATER BLAST 7:45am <i>Jean - Lap Pool</i>	CARDIO MIX 7:45am <i>Jen S - Rec Pool</i>	DEEP WATER WALKING 7:45am <i>Jean - Lap Pool</i>	CARDIO MIX 7:45am <i>Rula - Rec Pool</i>	SHALLOW WATER CARDIO 7:30am <i>Mary Louise - Rec Pool</i>
MAKING WAVES 6:45pm <i>Rula - Rec Pool</i>	ARTHRITIS FIT 11:10am <i>Kristen - Rec Pool</i>	AQUA FIT 9:00am <i>Patti - Lap Pool</i>	ARTHRITIS FIT 11:10am <i>Kristen - Rec Pool</i>	TABATA AQUA 9:00am <i>Deb Q - Lap Pool</i>	
	DEEP WATER CARDIO 6:45pm-7:30pm <i>Jen S- Rec Pool</i>	AQUA BLAST 6:45pm <i>Sandy - Rec Pool</i>	DEEP WATER CARDIO 6:45pm-7:30pm <i>Joanne - Rec Pool</i>	ARTHRITIS FIT 11:10am <i>Kristen - Rec Pool</i>	

MINDBODY STUDIO SCHEDULE

Included with Platinum & Elite Memberships, or Drop-In rate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
HEATED BARRE SCULPT 75° 8:30am(45min) - Lorrie	PILATES VINYASA 7:00am(45min) - Melissa	HEATED BARRE 85° 5:45am - Lynne	PILATES VINYASA 7:00am(45min) - Melissa	BARRE STRETCH FUSION 8:30am - Amie	HEATED RHYTHMIC BARRE BURN 85° 7:00am(45min) - Amy B	HEATED BARRE 85° 8:00am - Lorrie
HEATED STRETCH & RESET 75° 9:30am - Nicole	BARRE CORE BLAST 8:30am - Amy K	BARRE STRETCH FUSION 8:30am - Jessica	BARRE CORE BLAST 8:30am - Amy K	HEATED BARRE 85° 9:15am(45min) - Nicole	HEATED RHYTHMIC BARRE BURN 85° 8:00am(45min) - Amy B	MAT PILATES 9:00am - Lorrie
HEATED BARRE STRETCH FUSION 85° 10:30am - Jessica	BARRE PILATES FUSION 9:15am - Nicole	HEATED BARRE 85° 9:15am - Nicole	BARRE 9:15am - Nicole	HEATED STRETCH YOGA 75° 10:00am - Nicole	HEATED POWER YOGA 85° 9:00am - Pauline/ Kathleen	STRETCH YOGA 10:00am - Lorrie
HEATED RHYTHMIC BARRE BURN 85° 11:00am - Amy B	HEATED MODERATE YOGA 75° 10:00am - Nicole	HEATED STRETCH & RESET 75° 10:00am - Nicole	MAT PILATES 10:00am - Nicole	PILATES SCULPT 11:00am - Danielle	HEATED STRETCH YOGA 85° 10:00am - Pauline/ Kathleen	SUNDAY EVENING YOGA 4:30pm
HEATED VINYASA FLOW 75° 4:30pm - Marisa/ Joanne/ Amie	HEATED POWER PILATES 75° 11:00am - Danielle	HEATED BARRE PILATES FUSION 75° 11:00am - Nicole	STRETCH YOGA 11:00am(45min) - Nicole	MINDFUL YOGA 5:30pm - Melissa	PILATES SCULPT 11:00am - Abby	
HEATED BARRE SCULPT 75° 5:30pm - Lorrie	HEATED BARRE 75° 4:30pm - Amy K	HEATED VINYASA FLOW 75° 4:30pm - Joanne	MINDFUL YOGA 4:30pm - Kathleen			
	HEATED POWER YOGA 85° 5:30pm - Kathleen	HEATED BARRE 75° 5:45pm(45min) - Melissa	HEATED POWER YOGA 85° 5:30pm - Kathleen			
HEATED PILATES 75° 6:30pm - Lorrie	YIN YOGA 6:45pm - Jennifer	STRETCH & RESET 6:45pm - Lorrie	HEATED RHYTHMIC BARRE BURN 85° 7:00pm - Amy B			

\*ALL 8:30AM CLASSES ARE 30 MIN CLASSES Unless otherwise noted

TEAM TRAINING SCHEDULE

Included with Elite Membership, or Drop-In rate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFTERBURN 5:30am - John	QUICK HIIT 9:30am - Amy B	LUNCH BREAK 12:00pm - Wes	LUNCH BREAK 12:00pm - Christina	AFTERBURN 5:30am - Michele	AFTERBURN 8:00am - John	AFTERBURN 8:00am - Josh
LUNCH BREAK 12:00pm - Wes	LUNCH BREAK 12:00pm - Christina	AFTERBURN 6:00pm - Amy B	AFTERBURN 4:30pm - Wes	QUICK HIIT 9:30am - Amy B	AFTERBURN 9:00am - Christos	AFTERBURN 9:00am - Josh
AFTERBURN 6:00pm - Jordan	AFTERBURN 4:30pm - Wes		AFTERBURN 6:00pm - Wes	LUNCH BREAK 12:00pm - Wes	AFTERBURN* - 55 MIN LUNCH BREAK - 45 MIN QUICK HIIT - 25 MIN *6PM AFTERBURNS RUN FOR 45 MINUTES	
	AFTERBURN 6:00pm - Wes					

