

# GROUP X STUDIO SCHEDULE

Included with All Memberships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER BARRE BOOTCAMP 6:00am Kalina	<b>LES MILLS BODYPUMP</b> 5:45am Amy M	TABATA 8:30am - 45min Danielle	<b>LES MILLS BODYPUMP</b> 5:45am Amy B	POWER BARRE BOOTCAMP 6:00am Kalina	TOTAL BODY CIRCUIT 7:00am Lorrie	STEP 7:30am Amy B
CARDIO KICK & ABS 8:30am - 45min Danielle	FIT FUSION 6:45am - 45min Lynne	PILATES 9:30am Michele	FIT FUSION 6:45am - 45min Lynne	CHISEL'D 8:30am - 45min Danielle	TABATA 8:00am Danielle	CHISEL'D 8:45am - 45min Amy B
CHISEL'D 9:30am - 45min Amy M	<b>LES MILLS BODYPUMP</b> 8:15am Michele	ADVANCED CHAIR YOGA 10:45am Jen S	<b>LES MILLS BODYPUMP</b> 8:15am Michele	TABATA 9:30am Michele	ZUMBA 9:00am Ester	CHISEL'D 9:45am - 45min Amy B
THERAPEUTIC YOGA 10:45am Jennifer	TABATA 9:30am Danielle	CHAIR YOGA 12:00pm Jen S	CHISEL'D 9:30am - 45min Amy M	YAH: SCULPT & BALANCE 11:00am Amy M	YOGALATES 10:00am Ester/Jayne	CARDIO KICK & ABS 10:45am - 45min Danielle
FIT FUSION 12:00pm - 45min Danielle	YAH: AEROBIC SCULPT 10:45am Lisa	FIT FUSION 4:00pm - 45min Lynne	YAH: CARDIO SCULPT 10:45am Amy K	<p>Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.</p> <p>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.</p> <p>All classes are 55 minutes unless otherwise noted.</p> <p>For class descriptions, please contact Group X Director, Jessica Montrond at <a href="mailto:jmondtrond@weymouthclub.com">jmondtrond@weymouthclub.com</a> or (781) 682-5843</p> <p>Schedules are subject to change*</p>		
<b>LES MILLS BODYPUMP</b> 4:00pm Kara	CHISEL'D EXPRESS 4:00pm - 30min Jessica	CHISEL'D 5:00pm - 45min Amy B	CHISEL'D EXPRESS 4:00pm - 30min Jessica			
CHISEL'D 5:00pm - 45min Lynne	FIT FUSION 4:30pm - 45min Jessica	ZUMBA 6:00pm Lorena	FIT FUSION 4:30pm - 45min Jessica			
ZUMBA 6:00pm Lorena	PUMP TOTAL BODY 5:30pm - 45min Lisa C	YOGA 7:00pm Jayne	<b>LES MILLS BODYPUMP</b> 5:30pm Lisa G			
YOGA 7:00pm Pauline	BARRE PUMP 6:30pm Amy B					

# WCYCLE SCHEDULE

Included with All Memberships

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

# WATER FITNESS SCHEDULE

Included with All Memberships

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

# 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	BARRE CORE BLAST 8:30am - Amy K	BARRE STRETCH FUSION 8:30am - Lorrie	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	PULSE PILATES YOGA SCULPT FUSION 7:00am(45min) - Melissa	BARRE 9:15am - Nicole	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	MAT PILATES 10:00am - 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	STRETCH YOGA 11:00am(45min) - 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 - Amie	HEATED POWER PILATES 75° 11:00am - Danielle	HEATED BARRE PILATES FUSION 75° 11:00am - Nicole	MINDFUL YOGA 4:30pm - Kathleen	MINDFUL YOGA 5:30pm - Melissa	PILATES SCULPT 11:00am - Abby	
HEATED BARRE SCULPT 75° 5:30pm - Lorrie	HEATED BARRE 75° 4:30pm - Amy K	YOGA SCULPT & MEDITATION 4:30pm - Joanne	HEATED POWER YOGA 85° 5:30pm - Kathleen			
HEATED PILATES 75° 6:30pm - Lorrie	RESTORATIVE YOGA 6:45pm - Vilma	HEATED BARRE 75° 5:45pm(45min) - Melissa	HEATED RHYTHMIC BARRE BURN 85° 7:00pm - Amy B			
		STRETCH & RESET 6:45pm - Lorrie				

\*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					



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STUDIOS

2026 SCHEDULE