

GROUP X STUDIO

INCLUDED WITH ALL MEMBERSHIPS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER BARRE BOOTCAMP 6:00am <i>Kalina</i>	LES MILLS BODYPUMP 5:45am <i>Amy M</i>	TABATA 8:30am - 45min <i>Danielle</i>	LES MILLS BODYPUMP 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>	FIT FUSION 7:00am - 45min <i>Lynne</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>	LES MILLS BODYPUMP 8:15am <i>Michele</i>	ADVANCED CHAIR YOGA 10:45am <i>Jen S</i>	LES MILLS BODYPUMP 8:15am <i>Michele</i>	CHISEL'D 8:30am - 45min <i>Danielle</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>	TABATA 9:30am <i>Michele</i>	YOGALATES 10:00am <i>Esta</i>	CARDIO KICK & ABS 10:45am - 45min <i>Danielle</i>
FIT FUSION 12:00pm - 45min <i>Jessica</i>	YAH: AEROBIC SCULPT 10:45am <i>Lisa</i>	FIT FUSION 4:00pm - 45min <i>Jen S</i>	YAH: CARDIO SCULPT 10:45am <i>Amy K</i>	YAH: SCULPT & BALANCE 11:00am <i>Amy M</i>	LES MILLS BODYPUMP 11:00am <i>Kara</i>	
LES MILLS BODYPUMP 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>Vilma</i>	LES MILLS BODYPUMP 5:30pm <i>Lisa G</i>			
YOGA 7:00pm <i>Pauline</i>	BARRE PUMP 6:30pm <i>Amy B</i>					

Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.

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.

All classes are 55 minutes unless otherwise noted.

For class descriptions, please contact Group X Director, Jessica Montrond at jmondtrond@weymouthclub.com.
Schedules are subject to change

W FIT STUDIO

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>	PULSE POWER 10:30am - 45min <i>Danielle</i>	TABATA CYCLE 8:30am <i>Michele</i>	RHYTHM RIDE & SCULPT 9:30am <i>Jen P</i>	BUILD & BURN 9:30am - 45min <i>Danielle</i>	RHYTHM RIDE 9:00am <i>Nancy</i>	
BUILD & BURN 10:30am - 45min <i>Danielle</i>		BUILD & BURN 9:30am - 45min <i>Danielle</i>	PULSE POWER 10:30am - 45min <i>Danielle</i>			
RHYTHM RIDE & SCLUPT 5:30pm <i>Jen P</i>		POWER CYCLE & MINDFUL STRETCH 5:30pm <i>Pauline</i>				

W CYCLE CLASS IN THE WFIT STUDIO

GROUP X CLASS IN THE WFIT STUDIO

WATER FITNESS

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>	

RECREATIONAL POOL

8 LANE LAP POOL