

GROUP FITNESS

April 2017

| MONDAY AM 4/17 | TUESDAY AM 4/18 | WEDNESDAY AM 4/19 | THURSDAY AM 4/20 | FRIDAY AM 4/21 | SATURDAY AM 4/22 | SUNDAY AM 4/23 |
|---|---|--|--|--|---|---|
| 5:45 *rhythm ride Linda 4 | 5:45 vinyasa yoga Shelanda 1 | 5:45 body breakthru Beth 3 | 5:45 vinyasa yoga Ellen 1 | 5:45 *hilit cycle Dawn 4 | 7:10 body breakthru Lisa 3 | 7:15 zumba ® Kim 3 |
| 6:00 tabata Dawn 3 | 6:00 team kick Cindy 3 | 5:45 *studio cycle Dawn 4 | 5:45 *rhythm ride Linda 4 | 6:00 team kick Lisa 3 | 7:10 *studio cycle Linda 4 | 8:15 head to toe Sandy 3 |
| 8:15 vinyasa yoga Elyse 1 | 8:15 prime movers Sandy 1 | 6:30 core (15) Beth 3 | 8:15 prime movers Sandy 1 | 8:15 prime c.b.s Sandy 1 | 8:15 cardio muscle mix Jenn 1 | 8:30 *rev cycle Diane 4 |
| 8:15 body breakthru Cheryl 3 | 8:30 zumba ® Dee 3 | 8:00 gentle yoga Elyse 3 | 8:15 body breakthru AnnMarie 3 | 8:15 body fusion Alison 3 | 8:15 low heat vinyasa yoga Claudia 3 | 9:30 mat pilates Janine 1 |
| 9:20 team kick Cindy 3 | 9:30 tb training Michelle 3 | 9:00 tb step Linda 3 | 9:20 mat pilates Dani 3 | 9:20 zumba ® Dee 3 | 8:15 *studio cycle Linda 4 | 9:30 step Sandy 3 |
| 9:30 mat pilates Dani 1 | 9:30 *studio cycle Linda 4 | 9:30 *rhythm ride Diane 4 | 9:30 *rev cycle Erin 4 | 9:30 vinyasa yoga Erin 1 | 9:30 zumba ® Dee 3 | 10:45 gentle yoga (75) Janine 3 |
| 10:30 head to toe Jennifer 3 | 10:30 body fusion Dani 3 | 9:30 asana yoga Sagarika 1 | 10:30 tabata Beth 3 | 10:30 head to toe Jennifer 3 | 9:45 vinyasa yoga Claudia 1 | |
| 10:30 body beatz Lauren H. 1 | | 10:30 head to toe Cheryl 3 | | 11:00 body beatz Cindy 1 | 10:45 head to toe Linda 3 | |
| | | | | | 11:00 gentle yoga Claudia 1 | |
| MONDAY PM | TUESDAY PM | WEDNESDAY PM | THURSDAY PM | FRIDAY PM | SATURDAY PM | SUNDAY PM |
| 4:15 teen body beatz cancelled for today 1 | 1:00 vinyasa yoga Whitney 1 | 4:30 gentle yoga Claudia 1 | 1:00 vinyasa yoga Whitney 1 | 5:00 yoga & meditation Elyse 3 | 12:30 gentle yoga Whitney 1 (Ends 4/29/2017) | 3:30 vinyasa yoga Ellen 1 |
| 5:00 step (30) Sandy 3 | 4:30 body breakthru Marisha 3 | 5:30 tb training Cindy 3 | 4:15 teen cardio beatz Lauren D. 1 | | | |
| 5:35 strength (30) Sandy 3 | 5:15 head to toe Sandy 3 | 6:00 *spin & yoga Erin 4 | 4:30 body fusion Marisha 3 | 5:15 mixed fit ® Lauren D. 1 | 2:00 piyo ® Samantha 1 | |
| 5:30 gentle yoga Claudia 1 | 6:00 *rev cycle Lauren H. 4 | 6:30 zumba ® Dee 3 | 5:30 head to toe Sandy 3 | | | |
| 6:00 *rev cycle Linda 4 | 6:15 team kick Cindy 3 | 7:30 mat pilates Pia 1 | 6:30 body beatz Lauren H. 3 | | | |
| 6:15 body fusion Pia 3 | 6:30 body fusion Janine 1 | | 7:00 vinyasa yoga Izzy 1 | | | |
| 7:00 zumba ® Laura 3 | 7:30 yogalates Elyse 3 | | | | | |

CLUB HOURS
monday - thursday
friday
saturday & sunday

5am - 9pm
5am - 8pm
7am - 5pm

STUDIOS
studio 1
studio 3
studio 4

mind and body
pure energy
cycling

DESCRIPTIONS ON BACK



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