

GROUP FITNESS

Summer 2017

MONDAY AM 8/7	TUESDAY AM 8/8	WEDNESDAY AM 8/9	THURSDAY AM 8/10	FRIDAY AM 8/11	SATURDAY AM 8/11	SUNDAY AM 8/12
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 Marisha 3	7:15 zumba ® Kim 3
6:00 tabata Dawn 3	6:00 team kick Cindy 3	5:45 *studio cycle Amy 4	5:45 *rhythm ride Diane 4	6:00 team kick Cindy 3	7:10 *retro ride 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 Michelle 1	8:15 prime c.b.s Sandy 3	8:15 cardio muscle mix Marisha 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 *barre Dawn 1	8:15 low heat vinyasa yoga Elyse 3	9:30 mat pilates Pia 1
9:20 team kick Cindy 3	9:30 tb training Michelle 3	9:00 cardio muscle mix Linda 3	9:30 *barre-lates Amy 1	9:20 zumba ® Dee 3	8:15 *club cycle Linda 4	9:30 step Sandy 3
9:30 mat pilates Dani 1	9:30 *studio cycle Linda 4	9:30 *rhythm ride Lauren D. 4	9:30 *rev cycle Linda 4	9:30 vinyasa yoga Whitney 1	9:30 zumba ® Dee 3	10:45 gentle yoga (75) Jen 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 Elyse 1	11:00 *barre beatz Cindy 1
10:30 body beatz Lauren H. 1		10:30 head to toe Sandy 3		11:00 *barre beatz Cindy 1	10:45 head to toe Linda 3	
					11:00 gentle yoga Elyse 1	

MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM
5:00 step (30) Sandy 3	1:00 vinyasa yoga Martha 1	4:30 gentle yoga Claudia 1	1:00 *barre Lauren D. 1	5:00 yoga & meditation Elyse 3
5:35 strength (30) Sandy 3	4:30 *barre beatz Lauren H. 3	5:30 body beatz Cindy 3	4:30 body breakthru Marisha 3	
5:30 gentle yoga Claudia 1	5:15 head to toe Sandy 3	6:00 *spin & stretch Lauren D. 4	5:30 head to toe Sandy 3	5:15 *barre beatz Lauren D. 1
6:00 *rev cycle Linda 4	6:00 *rev cycle Marisha 4	6:30 zumba ® Dee 3	6:30 body beatz Lauren H. 3	
6:30 *barre Janine 3	6:15 team kick Cindy 3	7:30 mat pilates Janine 1	7:00 vinyasa yoga Izzy 1	
7:00 zumba ® Laura 3	6:30 *barre Izzy 1			
	7:30 yogalates Elyse 3			

SUMMER CLUB HOURS

monday - thursday 5 am - 9 pm
 friday 5 am - 8 pm
 saturday + sunday 7 am - 3 pm

STUDIOS

studio 1 mind and body
 studio 3 pure energy
 studio 4 cycling



HEALTH CLUB FOR WOMEN

364 Granite Avenue
 Milton, Ma 02186
 617-698-0260

www.fitnessunlimited.com