

GROUP FITNESS

march 2016

MONDAY AM 3/14	TUESDAY AM 3/15	WEDNESDAY AM 3/16	THURSDAY AM 3/17	FRIDAY AM 3/18	SATURDAY AM 3/19	SUNDAY AM 3/20
5:45 *rhythm ride Linda 4	5:45 vinyasa yoga Shelanda 1	5:45 cardio peak Dawn 3	5:45 vinyasa yoga Jen 1	5:45 *hilt cycle Dawn 4	36th Anniversary Celebration Special Class Line Up See anniversary flyer for details	7:15 zumba ® Kim 3
6:00 tabata Cindy 3	6:00 team kick Lisa 3	5:45 *studio cycle Amy 4	5:45 *rhythm ride Linda 4	6:00 team kick Lisa 3		8:15 head to toe Sandy 3
8:15 vinyasa yoga Elyse 1	8:15 prime movers Sandy 1	6:30 core (15) Dawn 3	6:00 strong-in-30 Michelle 3	8:15 prime c.b.s Sandy 1		8:30 *rev cycle Jodiane 4
8:15 cardio peak Cheryl 3	8:30 zumba ® Dee 3	8:15 gentle yoga Elyse 1	8:15 prime movers Michelle 1	8:15 core ball training Alison 3		9:30 pilates w/props Janine 1
9:20 team kick AnnMarie 3	9:30 5X5 Workout Natalie & Michelle 3	8:15 tb step Linda 3	8:15 metabolic conditioning AnnMarie 3	9:20 zumba ® Dee 3		9:30 step Sandy 3
9:30 pilates w/props Dani 1	9:30 *studio cycle Linda 4	9:30 *rhythm ride Paula 4	9:20 Total Body Fusion Natalie 3	9:30 vinyasa yoga Whitney 1		10:45 gentle yoga (75) Janine 3
10:30 head to toe Jennifer 3	10:30 tb fusion Natalie 3	9:30 asana yoga Sagarika 1	9:30 *rev cycle Erin 4	10:30 head to toe Jennifer 3		
10:30 strength & conditioning Natalie 1		10:30 Decathlon Training Cheryl and Natalie 3	10:30 tabata Natalie 3	11:00 strong-in-45 Cindy 1		
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM	SUNDAY PM
4:45 basic step (30) Sandy 3	1:00 vinyasa yoga Whitney 1	4:30 gentle yoga Claudia 1	1:00 vinyasa yoga Whitney 1	5:15 cardio muscle mix Marisha 1		3:30 vinyasa yoga Ellen 1
5:20 strong-in-30 Sandy 3	4:30 cardio muscle mix Marisha 3	4:45 team kick Cindy 3	4:30 tb fusion Natalie 3	5:30 yoga & meditation Elyse 3		
5:30 gentle yoga Claudia 1	5:15 head to toe Sandy 3	5:30 strength & conditioning Lisa 3	5:30 head to toe Sandy 3			
6:00 *rev cycle Linda 4	6:00 *rev cycle Nancy 4	6:15 vinyasa yoga Claudia 1	6:00 *studio cycle Nancy 4			
6:15 core ball training Pia 3	6:15 team kick AnnMarie, Cindy & Lisa 3	6:30 zumba ® Dee 3	6:30 cardio muscle mix Marisha 3			
7:00 zumba ® Laura 3	6:30 tb fusion Janine 1	7:30 pilates w/props Pia 1	6:30 vinyasa yoga Susan D. 1			
8:00 head to toe Deb 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



364 granite avenue
milton, ma 02186
617-698-0260
www.fitnessunlimited.com