

# GROUP FITNESS

# November 2017

MONDAY AM 11/13	TUESDAY AM 11/14	WEDNESDAY AM 11/15	THURSDAY AM 11/16	FRIDAY AM 11/17	SATURDAY AM 11/18	SUNDAY AM 11/19
5:45 <b>*rhythm ride</b> Linda 4	5:45 <b>vinyasa yoga</b> Shelanda 1	5:45 <b>body breakthru</b> Beth 3	5:45 <b>vinyasa yoga</b> Ellen/Jen 1	5:45 <b>*hilit cycle</b> Dawn 4	7:10 <b>body breakthru</b> Beth 3	7:15 <b>zumba ®</b> Kim 3
5:45 <b>strength (45)</b> Dawn 3	6:00 <b>team kick</b> Cindy 3	5:45 <b>*studio cycle</b> Amy 4	5:45 <b>*studio ride</b> Diane 4	6:00 <b>*barre</b> TBA 1	7:10 <b>*retro ride</b> Linda 4	8:15 <b>head to toe</b> Sandy 3
8:15 <b>vinyasa yoga</b> Martha 1	8:15 <b>prime movers</b> Sandy 1	6:30 <b>core (15)</b> Beth 3	8:15 <b>prime movers</b> Michelle 1	8:15 <b>prime c.b.s</b> Sandy 3	8:15 <b>cardio muscle mix</b> Jenn 1	8:30 <b>*rev cycle</b> Diane 4
8:15 <b>body breakthru</b> Cheryl 3	8:30 <b>zumba ®</b> Dee 3	8:00 <b>gentle yoga</b> Amy 3	8:15 <b>body breakthru</b> Beth 3	8:15 <b>*barre</b> Janine 1	8:15 <b>low heat vinyasa yoga</b> Elyse 3	9:00 <b>mat pilates</b> Kara 1
9:20 <b>team kick</b> Cindy 3	9:30 <b>*barre</b> Dani 1	9:00 <b>cardio muscle mix</b> Linda 3	9:30 <b>*barre-lates</b> Amy 1	9:20 <b>zumba ®</b> Dee 3	8:15 <b>*club cycle</b> Linda 4	9:30 <b>step</b> Sandy 3
9:30 <b>mat pilates</b> Lisa 1	9:30 <b>3-2-1 Shred</b> Michelle 4	9:00 <b>power vinyasa yoga</b> Sagarika 1	9:30 <b>*rev cycle</b> Linda 4	9:30 <b>vinyasa yoga</b> Izzy 1	9:30 <b>zumba ®</b> Dee 3	10:45 <b>gentle yoga (75)</b> Amy/Christy 3
10:30 <b>head to toe</b> Jennifer 3	9:30 <b>*studio cycle</b> Linda 4	9:30 <b>*rhythm ride</b> Lauren H. 1	10:30 <b>tabata</b> Lisa 3	10:30 <b>head to toe</b> Jennifer 3	9:45 <b>vinyasa yoga</b> Elyse 1	11:00 <b>*barre beatz</b> Cindy 1
10:30 <b>*barre beatz</b> Lauren H. 1	10:30 <b>*barre beatz</b> Cindy 3	10:30 <b>head to toe</b> Cheryl 3		11:00 <b>body beatz</b> Cindy 1	10:45 <b>head to toe</b> TBA 3	
					11:00 <b>gentle yoga</b> Elyse 1	
MONDAY PM	TUESDAY PM	WEDNESDAY PM	THURSDAY PM	FRIDAY PM	SATURDAY PM	SUNDAY PM
5:00 <b>step (30)</b> Sandy 3	1:00 <b>vinyasa yoga</b> Martha 1	4:30 <b>gentle yoga</b> Claudia 1	1:00 <b>*barre</b> Cindy 1	5:00 <b>yoga &amp; meditation</b> Elyse 3	1:00 <b>plyo ®</b> Sam 1	3:30 <b>vinyasa yoga</b> Ellen 1
5:35 <b>strength (30)</b> Sandy 3	4:30 <b>*barre beatz</b> Lauren H. 1	5:30 <b>body beatz</b> Cindy 3	4:30 <b>3-2-1 Shred</b> Marisha 3		3:30 <b>*barre</b> Izzy 1	
5:30 <b>gentle yoga</b> Claudia 1	5:15 <b>head to toe</b> Sandy 3	6:30 <b>*rev cycle</b> Marisha 4	5:30 <b>head to toe</b> Sandy 3	5:15 <b>*barre beatz</b> Cindy 1		
6:00 <b>*rev ride</b> Linda 4	6:00 <b>*rev cycle</b> Marisha 4	6:30 <b>zumba ®</b> Dee 3	6:15 <b>vinyasa yoga</b> Izzy 1			
6:15 <b>cardio muscle mix</b> Beth 3	6:15 <b>pound ®</b> Lisa 3	7:30 <b>*barre-lates</b> Pia 1	6:30 <b>body beatz</b> Lauren H. 3			
6:45 <b>*barre</b> Pia 1	6:30 <b>*barre</b> Izzy 1		7:30 <b>gentle yoga</b> Janine 1			
7:00 <b>zumba ®</b> Laura 3	7:30 <b>yogalates</b> Elyse 3					

## SUMMER CLUB HOURS

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

## STUDIOS

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



# fitness unlimited

HEALTH CLUB FOR WOMEN

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[www.fitnessunlimited.com](http://www.fitnessunlimited.com)