



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Schedule Spring 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	<u>6:15-7:00</u> Spin Steve	<u>6:15-7:00</u> Plyo/Core Steve	<u>6:15-7:00</u> Body Blast TRX \$\$ Lisa	<u>6:15-7:00</u> Spin Lisa	<u>8:00-8:45</u> Beginner TRX \$\$ Greg	
	<u>9:15-10:15</u> Bender Ball Patti				<u>8:45-9:30</u> Spin Patti	<u>9:45-10:25</u> Spin Lynda C.
<u>10:30-11:30</u> Total Fitness Patti	<u>10:30-11:15</u> Senior Zumba Jim	<u>10:30-11:30</u> Beginning Yoga Terri	<u>10:30-11:30</u> Total Fitness Patti		<u>9:45-10:45</u> Yoga Patti	<u>10:30-11:00</u> Bender Ball Lynda C.
<u>12:15-1:00</u> Spin Tania	<u>12:15-12:45</u> Body Blast TRX \$\$ Sharon	<u>12:15-12:45</u> Spin Sharon	<u>12:15-12:45</u> Core TRX \$\$ Sharon	<u>12:15-1:00</u> Spin Linda B.	<u>11:30-12:30</u> Weight Workout Greg	<u>11:00-12:00</u> Gentle Yoga Lynda C.
<u>12:30-2:00</u> Private Rental	<u>1:15-2:00</u> Private Rental	<u>1:30-3:00</u> Private Rental		<u>1:00-3:00</u> Private Rental		<u>1:00-5:00</u> ITM
<u>4:15-5:00</u> Zumba Heather	<u>4:00-5:00</u> Kaya	<u>3:00-4:00</u> Youth Center	<u>3:00-4:45</u> Private Rental	<u>3:30-4:15</u> After School Spin		
<u>5:15-6:15</u> Step Aerobics Lisa	<u>5:30-6:15</u> Spin Tania	<u>5:15-6:15</u> Tae-Bo Shannon F	<u>5:30-6:30</u> Boot Camp \$\$ 4 Weeks Starts May 17 th Greg	<u>3:00-6:00</u> Kaya		
<u>5:30-6:15</u> Spin Sharon	<u>5:30-6:15</u> Zumba Christy	<u>5:30-6:15</u> Spin Linda B		<u>5:30-6:30</u> Plyo Power Lisa		
<u>6:30-7:30</u> Kick It Up Lisa	<u>6:30-7:30</u> Barbell Pump Jen	<u>6:15-6:45</u> Butts & Guts Shannon F	<u>6:00-6:45</u> Spin Steve			
		<u>7:00-7:45</u> Zumba Heather	<u>6:45-7:45</u> Zumba Jim			

We reserve the right to change the schedule as needed

Fitness Classes are held in the Aerobics Studio

Spinning Classes are held in the Spinning Studio

Lynn Y

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