

Group Exercise Schedule *April 2024*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:45am	TOTAL BODY BLAST AMY	BODYPUMP™ ANGELA	TONE AMY/MANU			7:00am-7:45am	DEEP WATER KIM	
7:00am	DEEP WATER HIIT CINDY			DEEP WATER HIIT CINDY		7:50am-8:20am	DEEP WATER BLAST KIM	
7:45am					DEEP WATER KIM			
8:00am	EASY AQUA DEEP CINDY	DEEP WATER KIM	DUAL DEPTH AQUA FIT KELLIE	DEEP WATER CINDY		8:30am	HATHA YOGA SONIA	CARDIO BARRE MELANIE
	CARDIO DRUMMING TRACEY	STRENGTH AND BALANCE REBECCA					CARDIO KICKBOX AMY	TONETM HARMANI/KRISTEN
9:00am	HIIT & LIFT CORINNE	BODYPUMP™ HARMANI	HIIT & LIFT CORINNE	TONETM MARY	BODYPUMP™ MANU	9:45am	ZUMBA® HARMANI	GENTLE YOGA FLOW MELANIE/KIM
	ZUMBA® MANU/SARAH	BARRE MELANIE		S.E.A.T. REBECCA	PILATES KIM		STEP SUSAN	BODYPUMP™ ANGELA/DEE
9:15am	AQUA FIT JOE	AQUA FIT REBECCA	AQUA BLAST KELLIE	AQUA FIT MARIETTE	AQUA FIT ROTATING	11:15am		TAI CHI FLOW JOE
10:15am	EZ CARDIO STREN. ANN/TRACEY	TONETM MARY	FUNCTIONAL STRENGTH JOY	Country LINE DANCING TRACEY	EZ CARDIO STRENGTH TRACEY	 <div> the works A Wentworth-Douglass Hospital FAMILY HEALTH & FITNESS CENTER </div>		
				AQUALATES REBECCA				
	VINYASA YOGA MELANIE	HATHA YOGA MELANIE		VINYASA YOGA MELANIE	HATHA VALERIE			
11:00am			CHAIR YOGA TRACEY					
11:30am	CHAIR YOGA MELANIE	WELLNESS COMBO REBECCA		WELLNESS COMBO REBECCA		SPECIAL EVENTS IN APRIL  S.E.A.T. Launch Tuesday, April 2 at 12:30pm Thursday, April 4 at 9:00am  Stress Awareness Month: Chakra Journey Join Melanie Friday April 12th 5:30pm to 7:00pm. Learn how each Yoga pose relates to specific chakras.  LES MILLS Launch: April 15 and 17 See Member Portal or Launch Flyer for details. Technique/Intro sessions offered for RPM™ and BODYPUMP™		
12:30pm		S.E.A.T. JOE		CHAIR YOGA TRACEY				
1:15pm			TAI CHI JOE					
4:15pm		GENTLE YOGA MELANIE		FUNCTIONAL STRETCH DARCY				
4:30pm	TONE® MATT	STEP SARAH	BODYPUMP™ ANGELA (45MIN)	CARDIO FUSION SUSAN		<p>Sign up required for ALL group fitness classes. This secures your spot AND you receive an email should a class be canceled.</p> <p>Please help us keep our studio floors and equipment clean. Bring an "indoor" only pair of shoes to wear throughout the facility.</p>		
	MAT PILATES KIM/ANN		CARDIO DRUMMING TRACEY					
5:30pm	VINYASA YOGA MELANIE	ZUMBA® STACIE	HATHA YOGA VALERIE	ZUMBA® HARMANI				
	TOTAL BODY BLAST AMY	TONE® SUSAN	CARDIO KICKBOX AMY	BODYPUMP™ DEE (5:35pm)				
		SHALLOW WATER KELLIE						
6:30pm	BODYPUMP™ SANDY		TONETM HARMANI/KRISTEN			SCAN QR CODE FOR CLASS DESCRIPTIONS  To take a class, reserve in Member Portal. If you cannot make it to a class that you have reserved, please remove yourself from the reservation ASAP, to allow others to register.		
		DEEP WATER KELLIE						
6:45pm		HIIT & LIFT MARIA	CARDIO BARRE NANCY	POWER YOGA SYLVIA				
7:00pm			DEEP WATER HIIT KELLIE					



the works
A Wentworth-Douglass Hospital
FAMILY HEALTH & FITNESS CENTER

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S.E.A.T. Launch

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Thursday, April 4 at 9:00am

Stress Awareness Month: Chakra Journey

Join Melanie Friday April 12th 5:30pm to 7:00pm. Learn how each Yoga pose relates to specific chakras.

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April 15 and 17
See Member Portal or Launch Flyer for details.
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Sign up required for ALL group fitness classes. This secures your spot AND you receive an email should a class be canceled.

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MIND BODY

GROUP FIT

FAC POOL

GYMNASIUM

myzone®

LAP POOL

CYCLE SCHEDULE *April 2024*

myzone	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:45am	RPM™ ED		RPM™ HARMANI		RPM™ ED	8:15am	RPM™ HARMANI	
9:00am	RPM™ AMY		RPM™ MARY		CYCLE AMY	8:30am- 10:00am		CYCLE ROGER
5:30pm	RPM™ SARAH	CYCLE ROGER	CYCLE NANCY					

Join our instructors for our LIVE Les Mills RPM™ and Cycle Classes!
Les Mills Launch in April



- Towels available! • Reserve your seat in the Member Portal. • If you cannot make it to a class that you have reserved, please remove yourself from the reservation ASAP to allow others to register. • Class descriptions online.

IN-HOUSE VIRTUAL PROGRAMMING NEW! CLASSES IN GROUP EXERCISE STUDIO ADDED

	MON	TUES	WEDS	THURS	FRI		SAT	SUN
5:05am	SPRINT™	SPRINT™	SPRINT™	SPRINT™	SPRINT™	7:00am	SPRINT™	RPM™
5:45am		RPM™ VIRTUAL		CYCLE VIRTUAL		(40 min)	FULL BODY STRENGTH	CARDIO STRENGTH CIRCUIT
7:00am (40 MIN)	CARDIO STRENGTH CIRCUIT	FULL BODY STRENGTH	CARDIO STRENGTH CIRCUIT	FULL BODY STRENGTH	CARDIO STRENGTH CIRCUIT	10:00am	RPM™	
7:30am	SPRINT™	RPM™	SPRINT™	RPM™	RPM™ EXPRESS	12:00pm	SPRINT™	RPM™
8:15am			SPRINT™			1:00pm (25 MIN)	MAT PILATES	HIIT
9:00am		CYCLE		SPRINT™		1:30pm (30 MIN)	HIIT	ABS & CORE
10:15am	RPM™ EXPRESS	SPRINT™	CYCLE	RPM™	RPM™	2:00pm	SPRINT™	RPM™
11:15am	SPRINT™	CYCLE	RPM™	CYCLE	RPM™	3:00pm	RPM™	CYCLE
12:00pm (20 MIN)	TOTAL BODY TRAINING	TOTAL BODY TRAINING	TOTAL BODY TRAINING	TOTAL BODY TRAINING	TOTAL BODY TRAINING	4:00pm (25/30 min)	DUMBBELLS FOR BEGINNERS	STRENGTH CIRCUIT
12:15pm	RPM™	RPM™ EXPRESS	SPRINT™	RPM™	SPRINT™	4:30pm	RPM™	RPM™
1:00pm (25 MIN)	HIIT	MAT PILATES	HIIT	MAT PILATES	HIIT			
1:30pm (30 MIN)	ABS & CORE	HIIT	ABS & CORE	HIIT	HIIT			
2:00pm	RPM™	SPRINT™	CYCLE	RPM™	CYCLE			
3:00pm	RPM™	RPM™	RPM™ EXPRESS	SPRINT™	RPM™			
4:30pm	SPRINT™	RPM™	CYCLE	BEGINNER RPM™	RPM™			
4:30pm (30 min)					KICKBOXING			
5:30pm				CYCLE	SPRINT™			
6:45pm	SPRINT™	RPM™	RPM™	RPM™	RPM™			
7:00pm (45 min)				YOGA STRENGTH				
7:45pm (45 min)	YOGA FOR BEGINNERS		YOGA FOR BEGINNERS					

Gray=Cycle Zone Location

Blue=Group Exercise Location

We are excited to launch virtual at the club! We are experimenting with class times, style and length. Your feedback is valuable.

Email: mdefreze@mgb.org

NEW TO IN-STUDIO VIRTUAL? CLASSES START AUTOMATICALLY. SIGN UP IN THE MEMBER PORTAL.