

Group Exercise Schedule July 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/KIM
	CARDIO DRUMMING AMY	STRENGTH AND BALANCE REBECCA					CARDIO KICKBOX AMY	TONETM MATT/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 ROZ	AQUA FIT REBECCA	AQUA BLAST KELLIE	AQUA FIT MARIETTE	AQUA ZUMBA SARAH			TAI CHI FLOW JOE
10:15am	EZ CARDIO STREN. ANN/TRACEY	TONETM MARY	FUNCTIONAL STRENGTH JOY	Country LINE DANCING TRACEY	EZ CARDIO STRENGTH TRACEY			
				AQUALATES REBECCA				
	VINYASA YOGA MELANIE	HATHA YOGA MELANIE		VINYASA YOGA KELLY	HATHA VALERIE	11:15am		
11:30am	CHAIR YOGA MELANIE	WELLNESS COMBO REBECCA		WELLNESS COMBO REBECCA				
12:30pm		S.E.A.T. JOE		CHAIR YOGA TRACEY				
1:15pm			TAI CHI JOE					
4:15pm		GENTLE YOGA MELANIE						
4:30pm	TONE® MATT	STEP SARAH	BODYPUMP™ ANGELA (45MIN)	CARDIO FUSION SUSAN				
	MAT PILATES KIM/ANN		CARDIO DRUMMING TRACEY	CARDIO DRUMMING TRACEY				
5:30pm	VINYASA YOGA MELANIE	ZUMBA® STACEY	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 MATT					
		DEEP WATER KELLIE						
6:45pm		HIIT & LIFT MARIA	CARDIO BARRE NANCY	POWER YOGA SYLVIA				
7:00pm			DEEP WATER HIIT ROZ					

the works

A Wentworth-Douglass Hospital
FAMILY HEALTH & FITNESS CENTER

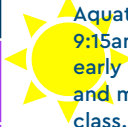


NEW for the month of July:

- July 9 at 12:30pm and July 11 at 9:00am: SEAT Launch #10.
- Week of July 22: Les Mills soft launch. Instructors Choice. Instructors will slowly introduce a few new tracks or teach the whole release.

Reminder: Outdoor Aquatics is here:

Aquatics classes on Wednesday, Thursday and Friday at 9:15am will be held outside, weather permitting. Come early and grab your water buoys located in the lap pool and meet us outside! Please place your props back after class.



Sign up required for ALL group fitness classes. This secures your spot AND you receive an email should a class be canceled. Please help us keep our studio floors and equipment clean. Bring an "indoor" only pair of shoes to wear throughout the facility.

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.

MIND BODY	GROUP FIT	FAC POOL
GYMNASIUM	myzone®	LAP POOL

CYCLE SCHEDULE *July 2024*

myzone	MON	TUES	WEDS	THURS	FRI
5:45am	RPM™ ED		RPM™ HARMANI		RPM™ ED
9:00am	RPM™ AMY		RPM™ MARY		CYCLE AMY
5:30pm	RPM™ SARAH	CYCLE ROGER			

	SAT	SUN
8:15am	RPM™ HARMANI	
8:30am- 10:00am		

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



- 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* LES MILLS OFFERINGS!

	MON	TUES	WEDS	THURS	FRI
5:05am	SPRINT™	SPRINT™	SPRINT™	SPRINT™	SPRINT™
5:45am		RPM™ VIRTUAL		CYCLE VIRTUAL	
7:00am (30MIN)	LES MILLS BODY ATTACK™	LES MILLS CORE™	FULL BODY STRENGTH	LES MILLS CORE™	BODYPUMP™ TUTORIAL
7:30am	SPRINT™	RPM™	SPRINT™	RPM™	RPM™ EXPRESS
8:15am			SPRINT™		
9:00am		CYCLE		SPRINT™	
10:15am	RPM™ EXPRESS	SPRINT™	CYCLE	RPM™	RPM™
11:15am	SPRINT™	CYCLE	RPM™	CYCLE	RPM™
12:00pm (30 MIN)	FULL BODY SUPERSET	BODY COMBAT™ INTRO	LES MILLS CORE™	BODY ATTACK™	LES MILLS CORE™
12:15pm	RPM™	RPM™ EXPRESS	SPRINT™	RPM™	SPRINT™
1:30pm (30 MIN)	LEARN LES MILLS BODY COMBAT™	BODYPUMP™ TUTORIAL	BODY ATTACK™	FULL BODY STRENGTH	GLUTE AND LEGS
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 (40 min)					BODYPUMP™
5:30pm			CYCLE	CYCLE	SPRINT™
6:45pm	SPRINT™	RPM™	RPM™	RPM™	RPM™
7:00pm (45 min)				LEARN YOGA FLOW	
7:45pm (45 min)	BODY COMBAT INTRO™		BODY ATTACK™		

	SAT	SUN
7:00am	SPRINT™	RPM™
(25 min)	BODYPUMP	LES MILLS DANCET™
10:00am	RPM™	CYCLE
12:00pm	SPRINT™	RPM™
12:00PM (30 MIN)	BODY COMBAT™	LES MILLS CORE™
1:30pm (30 MIN)	BODY ATTACK™	BODY COMBAT™
2:00pm	SPRINT™	RPM™
3:00pm	RPM™	CYCLE
4:00pm (30 min)	CARDIO STRENGTH	CARDIO STRENGTH
4:30pm	RPM™	RPM™

Gray=Cycle Zone Location

Blue=Group Exercise Location

We are launching many new Les Mills class options this month. We would LOVE your feedback!

Email: mdefreze@mgb.org

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