



# WAVERLEY OAKS

## ATHLETIC CLUB

### Group Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	<b>CYCLE</b> JOANIE	<b>LES MILLS BODYPUMP</b> AMY	<b>CYCLE</b> JOANIE	<b>LES MILLS BODYPUMP</b> SHANNON	<b>YOGA SCULPT</b> DORE		
8:30 a.m.	<b>TABATA</b> CARA	<b>PILATES MAT</b> SANDRA	<b>LES MILLS BODYPUMP</b> DORY	<b>CYCLE</b> MICHELE	<b>FIT FOR ALL</b> TERI	7:30 a.m. <b>KUNDALINI YOGA</b> GURUATMA (90 MIN)	<b>Sunday</b>
9:30 a.m.	<b>LES MILLS BODYPUMP</b> JULIE	<b>CARDIO MUSCLE</b> TERI	<b>ZUMBA</b> DEB S. <small>FINEST</small>	<b>ATHLETIC INTERVALS</b> DEB S.	<b>TABATA</b> DIMITRA	8:00 a.m. <b>CYCLE</b> KARLEEN	8:00 a.m. <b>CYCLE</b> KARLEEN
9:30 a.m.	<b>FLOW FOUNDATIONS</b> ANGELA	<b>CYCLE</b> CARA		<b>PILATES MAT</b> SANDRA	<b>VINYASA YOGA</b> ANGELA	8:15 a.m. <b>LES MILLS BODYCOMBAT</b> JESS	8:30 a.m. <b>SUNRISE YOGA</b> JOANIE
10:00 a.m.	<b>AQUACISE</b> DORY (45MIN)		<b>AQUACISE</b> ROCHELLE (45MIN)		<b>AQUA BURST</b> ROCHELLE	9:15 a.m. <b>POWER YOGA</b> DORE	9:00 a.m. <b>LES MILLS BODYPUMP</b> JESS
10:30 a.m.	<b>BODY CONDITIONING (ME)</b> KIM	<b>BARRE BASICS (ME)</b> KIM	<b>BODY CONDITIONING (ME)</b> TERI	<b>GENTLE YOGA (ME)</b> DEB D.	<b>ZUMBA EXPRESS (ME)</b> KIM	9:15 a.m. <b>BODY SCULPT</b> PIA	9:30 a.m. <b>CYCLE</b> SHEILA/MELISSA
11:00 a.m.		<b>AQUAfit</b> DE		<b>AQUAfit</b> DORE	<b>BODY CONDITIONING EXPRESS (ME)</b> KIM	9:30 a.m. <b>CYCLE</b> SHEILA/MELISSA	10:00 a.m. <b>CARDIO SCULPT</b>
12:00 p.m.	<b>VINYASA YOGA</b> DORE (45MIN)	<b>CYCLE EXPRESS</b> NANCY	<b>PURE LIFT</b> SCOTT (45MIN)	<b>TABATA EXPRESS</b> NANCY		10:00 a.m. <b>LOUD &amp; PROUD</b> EMILIA	10:00 a.m. <b>LES MILLS BODYCOMBAT</b> SHANNON
12:45 p.m.		<b>TABATA EXPRESS</b> NANCY		<b>CYCLE EXPRESS</b> NANCY		10:30 a.m. <b>ZUMBA</b> DEB S. <small>FINEST</small>	10:30 a.m. <b>POWER YOGA</b> EMILY
4:30 p.m.		<b>BALLEfit</b> ELLEN	<b>CORE STRENGTH</b> SUE (30MIN)			10:30 a.m. <b>PILATES MAT</b> PIA	11:00 a.m. <b>ZUMBA</b> VIELKA <small>FINEST</small>
5:00 p.m.	<b>BARRE</b> SUE		<b>PILATES MAT</b> SUE				
5:30 p.m.	<b>STRONG</b> NICOLE <small>ZUMBA</small>	<b>BODY SCULPT</b> SCOTT	<b>ZUMBA</b> TIMORA <small>FINEST</small>	<b>LES MILLS BODYPUMP</b> JULIE			
6:00 p.m.	<b>PILATES MAT</b> SUE	<b>POWER YOGA</b> TALENE		<b>FLOW YOGA</b> TALENE			
6:00 p.m.	<b>CYCLE</b> KEN		<b>CYCLE</b> SHEILA/MELISSA				
6:30 p.m.	<b>LES MILLS BODYPUMP</b> KRISTEN M.	<b>ZUMBA</b> BEN <small>FINEST</small>	<b>LES MILLS BODYPUMP</b> GEORGE	<b>TABATA</b> SCOTT			
6:30 p.m.		<b>CYCLE</b> JOANIE		<b>CYCLE</b> KEN			
7:00 p.m.	<b>SPLASH TRACK</b> DORY	<b>LOUD &amp; PROUD</b> EMILIA	<b>HYDRO CHALLENGE</b> DORY	<b>CARDIO SCULPT</b> KRISTEN K.			
7:30 p.m.	<b>VINIYOGA</b> JACQUI		<b>FLOW YOGA</b> ANGELA	<b>GENTLE YOGA</b> KALI			
7:30 p.m.	<b>ZUMBA</b> KARA <small>FINEST</small>	<b>CARDIO KICKBOXING</b> MAILEE		<b>ZUMBA</b> BEN <small>FINEST</small>			

New Class/Instructor

- STUDIO 1 **Main Floor**
- STUDIO 2 **Lower Floor**
- STUDIO 4 **Upper Floor**
- POOL **Pool**

**Club Hours**  
 Sunday & Saturday 7am - 8pm  
 Monday - Thursday 5am - 11pm\*  
 Friday 5am - 9pm  
 \*Starting 9/24

**Kids Club**  
**Monday - Thursday**  
 8:30am - 1:30pm &  
 4:00pm - 7:30pm  
**Fridays** 8:30am - 1:30pm  
**Saturdays** 8:00am - 1:00pm  
**Sundays** 8:30 - 12:30pm  
 space is limited,  
 reservations suggested  
 Phone (781) 894-7010  
 For holiday and weather changes check the  
 website: [www.waverleyoaks.com](http://www.waverleyoaks.com)

EFFECTIVE: September 4th, 2018  
 CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED

