



# WAVERLEY OAKS

## ATHLETIC CLUB

### Group Fitness Schedule



New Class/Instructor/time

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

EXPRESS  
30' 30 minutes  
45' 45 minutes

energize Main Floor  
exhale Lower Floor  
accelerate Upper Floor  
POOL Pool

**Club Hours**  
Sunday & Saturday 7am - 8pm  
Monday - Thursday 5am - 11pm

**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: January 2, 2019  
CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED

