
















# WAVERLEY OAKS









## ATHLETIC CLUB

### Group Fitness Schedule



 New Class/Instructor/time

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

-  EXPRESS 30 minutes
-  30)
-  45 minutes
-  45)
-  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

