



WAVERLEY OAKS ATHLETIC CLUB Group Fitness Schedule



Begins JUNE 17th

	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.					PURE MUSCLE DORE 45)	7:30 a.m. KUNDALINI YOGA GURUATMA (90min)	8:30 a.m. VINYASA YOGA JOANIE
8:30 a.m.	TABATA CARA 45)	PILATES MAT SANDRA	LES MILLS BODYPUMP DORY	CYCLE MICHELE / DORE	FIT FOR ALL TERI	7:30 a.m. CYCLE CHARLOTTE	9:00 a.m. LES MILLS BODYPUMP SHANNON
9:30 a.m.	LES MILLS BODYPUMP JULIE	CARDIO MUSCLE TERI	ATHLETIC INTERVALS DEB S. 45)	ZUMBA DEB S. fitness	TABATA DIMITRA 45)	8:15 a.m. LES MILLS BODYCOMBAT SHOSHANA	9:00 a.m. CYCLE SHEILA/MELISSA
9:30 a.m.	VINYASA FLOW ANGELA	CYCLE CARA		PILATES MAT SANDRA	VINYASA FLOW ANGELA	9:00 a.m. CYCLE SHEILA/MELISSA	9:00 a.m. CYCLE SHEILA/MELISSA
10:00 a.m.	AQUACISE DORY 45)		AQUACISE ROCHELLE 45)		AQUA BURST B. SWAIN	9:15 a.m. POWER YOGA DORE	10:00 a.m. CARDIO SCULPT STAFF
10:30 a.m.		ZUMBA HEIDI fitness				9:15 a.m. BODY SCULPT PIA	10:00 a.m. LES MILLS BODYCOMBAT SHANNON
10:30 a.m.	BODY CONDITIONING (ME) VIELKA	BARRE BASICS (ME) KIM	BODY CONDITIONING (ME) TERI	GENTLE YOGA (ME) DEB D.	ZUMBA gold EXPRESS (ME) KIM 30)	10:00 a.m. LOUD & PROUD EMILIA	10:30 a.m. POWER YOGA EMILY
11:00 a.m.		AQUAfit DE		AQUAfit DORE	BODY CONDITIONING EXPRESS (ME) KIM 30)	10:30 a.m. ZUMBA DEB S. fitness	11:00 a.m. ZUMBA VIELKA fitness
12:00 p.m.	VINYASA YOGA DORE 45)	CYCLE EXPRESS NANCY 30)		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)	PILATES MAT SUE			
5:00 p.m.	BARRE SUE						
5:30 p.m.	STRONG NICOLE ZUMBA	BODY SCULPT DAWN	ZUMBA HEIDI fitness	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 fitness	LES MILLS BODYPUMP GEORGE	TABATA MAILEE 45)			
6:30 p.m.		CYCLE CHARLOTTE	VINYASA YOGA KALI	CYCLE KEN			
7:00 p.m.	SPLASH TRACK DORY	LOUD & PROUD EMILIA	HYDRO CHALLENGE DORY	CARDIO SCULPT KRISTEN			
7:30 p.m.	VINIYOGA JACQUI			GENTLE YOGA KALI			
7:30 p.m.	ZUMBA KARA fitness			ZUMBA BEN fitness			

- 30) EXPRESS 30 minutes
- 45) 45 minutes
- energize Main Floor
- exhale Lower Floor
- accelerate Upper Floor
- POOL Pool

CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED
EFFECTIVE: JUNE 17th, 2019



Club Hours
Sunday & Saturday 7am - 8pm
Monday - Thursday 5am - 10pm
Friday 5am - 9pm

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 :
www.waverleyoaks.com