



# WAVERLEY OAKS

## ATHLETIC CLUB

### Group Fitness Schedule



Begins September 3rd

	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.	TABATA CARA 45)	PILATES MAT SANDRA	LES MILLS BODYPUMP DORY	CYCLE MICHELE	FIT FOR ALL TERI	8:00 a.m. CYCLE SHEILA/MELISSA	8:00 a.m. CYCLE KARLEEN
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	8:30 a.m. VINYASA YOGA JOANIE
9:30 a.m.	VINYASA FLOW ANGELA	CYCLE CARA		PILATES MAT SANDRA	VINYASA FLOW ANGELA	9:15 a.m. POWER YOGA DORE	9:00 a.m. LES MILLS BODYPUMP SHANNON
10:00 a.m.	AQUACISE DORY 45)		AQUACISE ROCHELLE 45)		AQUA BURST B. SWAIN	9:15 a.m. BODY SCULPT PIA	9:30 a.m. CYCLE SHEILA/MELISSA
10:30 a.m.		ZUMBA HEIDI fitness				9:30 a.m. CYCLE CHARLOTTE	10:00 a.m. CARDIO SCULPT STAFF
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	10:00 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. fitness	10:30 a.m. POWER YOGA EMILY
12:00 p.m.	VINYASA YOGA DORE 45)	CYCLE EXPRESS NANCY 30)		TABATA EXPRESS NANCY 30)		10:30 a.m. PILATES MAT PIA 30	11:00 a.m. ZUMBA VIELKA fitness
12:45 p.m.		TABATA EXPRESS NANCY 30)		CYCLE EXPRESS NANCY 30)		11:30 a.m. LES MILLS BODYPUMP Begins 10/12	
4:30 p.m.		BALLEfit ELLEN	CORE STRENGTH EXPRESS SUE 30)	HIGH fitness Begins 9/19			
5:00 p.m.	BARRE SUE		PILATES MAT 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 NAOMI	ZUMBA BEN fitness	LES MILLS BODYPUMP ELVIE	LES MILLS BODYCOMBAT SHANNON 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				
7:30 p.m.	VINIYOGA JACQUI			GENTLE YOGA KALI			
7:30 p.m.	HIGH FITNESS ALY			ZUMBA HEIDI fitness			

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

CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED  
EFFECTIVE: September 3, 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](http://www.waverleyoaks.com)