



WAVERLEY OAKS

ATHLETIC CLUB

Group Fitness Schedule



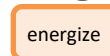
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m. CYCLE JOANIE	LES MILLS BODYPUMP AMY	CYCLE JOANIE	LES MILLS BODYPUMP SHANNON	CYCLE DAWN	7:30 a.m. KUNDALINI YOGA GURUATMA (90min)	
7:15 a.m.				PURE MUSCLE DORE 45		8:00 a.m. CYCLE SHEILA/MELISSA
8:30 a.m. TABATA CARA 45	PILATES MAT SANDRA	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	HATHA YOGA JOANNE	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 STAFF 45		AQUACISE SINCEREE 45	9:15 a.m. BODY SCULPT PIA	9:30 a.m. CYCLE SHEILA/MELISSA
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	9:30 a.m. CYCLE CHARLOTTE	10:00 a.m. CARDIO SCULPT JIM
11:00 a.m.	AQUAfit DE		AQUAfit DORE	BODY CONDITIONING EXPRESS (ME) KIM 30	9:30 a.m. LOUD & PROUD EMILIA 45	10:00 a.m. LES MILLS BODYCOMBAT SHANNON
12:00 p.m. VINYASA YOGA DORE 45	CYCLE EXPRESS NANCY 30		TABATA EXPRESS NANCY 30		10:30 a.m. ZUMBA DEB S. FITNESS	10:30 a.m. POWER YOGA EMILY
12:45 p.m.	TABATA EXPRESS NANCY 30		CYCLE EXPRESS NANCY 30		10:30 a.m. PILATES MAT PIA	11:00 a.m. ZUMBA VIELKA FITNESS
4:30 p.m. HIGH fitness ALY 60	BALLEfit ELLEN	CORE STRENGTH EXPRESS SUE 30	HIGH fitness ALY 60		10:30 a.m. LOUD & PROUD EMILIA 45	11:45 a.m. PILATES MAT DORE
5:00 p.m. BARRE SUE		PILATES MAT SUE			11:30 a.m. LES MILLS BODYPUMP CORINNE	
5:30 p.m. STRONG ZUMBA NICOLE	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 VIELKA FITNESS	LES MILLS BODYPUMP ELVIE	LES MILLS BODYCOMBAT SHANNON 45			
6:30 p.m.	CYCLE CHARLOTTE	HATHA YOGA KALI	CYCLE KEN			
7:00 p.m. SPLASH TRACK DORY	LOUD & PROUD EMILIA	HYDRO CHALLENGE DORY	CARDIO SCULPT JIM			
7:30 p.m. VINYOGA JACQUI	VINYASA FLOW KERRY	CYCLE DORE	GENTLE YOGA KALI			
7:30 p.m.			ZUMBA HEIDI FITNESS			



Ticketed Class
Sign up on the APP

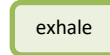


30, 45, 50 minutes



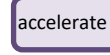
energize

Main Floor



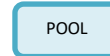
exhale

Lower Floor



accelerate

Upper Floor



POOL

Pool

CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED
EFFECTIVE: January 13th, 2020



Club Hours

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