



WAVERLEY OAKS

ATHLETIC CLUB

Group Fitness Schedule



| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------|--------------------------------------|-----------------------------|----------------------------------|----------------------------------|---|---|---|
| 6:00 a.m. | CYCLE JOANIE | BODYPUMP AMY | CYCLE JOANIE | BODYPUMP SHANNON | CYCLE DAWN | | |
| 7:15 a.m. | | | | | PURE MUSCLE DORE '45 | 7:30 a.m. KUNDALINI YOGA GURUATMA '90 | |
| 8:30 a.m. | TABATA CARA '45 | PILATES MAT SANDRA | BODYPUMP DORY '45 | CYCLE MICHELE | FIT FOR ALL TERI '45 | 8:00 a.m. CYCLE SHEILA/MELISSA | 8:00 a.m. CYCLE KARLEEN |
| 9:30 a.m. | BODYPUMP JULIE '45 | CARDIO MUSCLE TERI | ATHLETIC INTERVALS DEB S. '45 | ZUMBA DEB S. FITNESS | TABATA DIMITRA '45 | 8:15 a.m. BODYCOMBAT SHOSHANA '45 | 8:30 a.m. VINYASA YOGA JOANIE |
| 9:30 a.m. | VINYASA FLOW ANGELA | CYCLE CARA | HATHA YOGA JOANNE | PILATES MAT SANDRA '45 | VINYASA FLOW ANGELA | 9:15 a.m. POWER YOGA DORE | 9:00 a.m. BODYPUMP SHANNON '45 |
| 10:00 a.m. | AQUACISE DORY '45 | | AQUACISE CARLY '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 | 10:00 a.m. BODYCOMBAT SHANNON '45 |
| 12:00 p.m. | VINYASA YOGA DORE '45 | CYCLE EXPRESS NANCY '30 | | TABATA EXPRESS NANCY '30 | | 9:30 a.m. ZUMBA DEB S. FITNESS | 10:00 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 '45 | BALLEfit ELLEN | CORE STRENGTH EXPRESS SUE '30 | HIGH FITNESS ALY '45 | | 10:30 a.m. LOUD & PROUD EMILIA | 11:45 a.m. PILATES MAT DORE |
| 5:00 p.m. | BARRE SUE '45 | | PILATES MAT SUE | | | 11:45 a.m. BODYPUMP CORINNE | |
| 5:30 p.m. | STRONG BY ZUMBA NICOLE '45 | BODY SCULPT DAWN '45 | ZUMBA HEIDI FITNESS '45 | BODYPUMP JULIE '45 | | | |
| 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. | BODYPUMP STAFF | ZUMBA VIELKA FITNESS | BODYPUMP ELVIE | 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. | VINIYOGA JACQUI | VINYASA FLOW EMILY | CYCLE DORE | GENTLE YOGA KALI | | | |
| 7:30 p.m. | | | | ZUMBA HEIDI FITNESS | | | |

Ticketed Class
Sign up on the APP

30, 45, 50, 90 minutes

- energize Main Floor
- exhale Lower Floor
- accelerate Upper Floor
- POOL Pool

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

CLASSES ARE 55 MINUTES UNLESS OTHERWISE NOTED
 EFFECTIVE: March 16th, 2020



For holiday and weather changes :
www.waverleyoaks.com