

Group Exercise



February



Dartmouth



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Sue B</i>	5:30 AM Bootcamp <i>Pam</i>	5:30 AM Sunrise Spin <i>Michelle</i>		8:30 AM Spinning <i>Susan</i>
8:00 AM TRX Circuit <i>Julie</i>	8:30 AM <i>Wendy</i> Express Abs	9:00 AM Spin & Sculpt <i>Wendy</i>	9:00 AM Tread & Strength <i>Julie</i>	9:00 AM Raise the Bar <i>Wendy</i>	8:00 AM Spinning <i>Nicky</i>	Sunday Funday w/ Ashleigh <i>Strong Nation w/ Weights- Every Sunday _ 9:30 am</i> 
9:00 AM SPINNING <i>Wendy</i>	9:00 AM <i>Wendy</i> Total Strength	10:00 AM Barre Fit <i>Donna</i>	9:00 AM Power Yoga <i>Donna</i>	10:00 AM Barre Fit <i>Donna</i>	8:00 AM Power Hour <i>Emily</i>	
9:00 AM Pilates Sculpt <i>Donna</i>	9:00 AM Tread & Strength <i>Julie</i>	11:00 AM Pilates Sculpt <i>Kerri W</i>	10:00 AM Senior Circuit <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin	9:00 AM All Levels Yoga <i>Kendra</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:00 AM Mat Madness <i>Maribeth</i>		11:00 AM Moves & Muscles <i>Kerri W</i>	11:00 AM <i>Wendy</i> Chair Yoga	10:00 AM Dance Tone <i>Dawn</i>	
10:00 AM Gentle Yoga <i>Donna</i>	10:15 AM <i>Wendy</i> Express Spin			4:00 PM <i>James</i> Bootcamp		
11:00 AM Low Impact <i>Kerri W</i>	11:00 AM Senior Fitness <i>Wendy</i>	4:30 PM Bootcamp <i>James</i>	4:30 PM Body Blend <i>Kerri W</i>	POP-UP CLASSES: <i>BUTI MVMNT w/ Ashleigh- Monday's_ 6:30 pm</i> <i>TABATA w/ Julie- Wed 2/4 & 2/11 _ 9:00 am</i> 		
5:30 PM Zumba <i>Ashleigh</i>	5:30 PM Zumba <i>Cassandra</i>	4:30 PM Pilates Sculpt <i>Kerri W</i>				
6:30 PM BUTI MVMNT <i>Ashleigh</i>		6:00 PM Power Hour <i>Emily</i>	6:30 PM Zumba Gold			

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