

Worcester **FITNESS**

GROUP EXERCISE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
09:00AM-10:00AM Cycle <i>with Sharon D.</i>	06:00AM-06:45AM Cycle <i>with Sharon</i>	06:00AM – 07:00AM Morning Pump <i>with Lisa (June 15)</i>	06:00AM-06:45AM Cycle <i>with Ed</i>	09:15AM-10:15AM Cardiomax <i>with Eileen</i>	06:00AM-06:45AM Cycle <i>with Lisa</i>	08:30AM-09:30AM Cardio Overdrive <i>with Eileen</i>
09:00AM-10:00AM Military MASH (\$) <i>with Tracy</i>	09:00AM-10:00AM HiLo/TONE <i>with Randi</i>	09:00AM-09:45AM Cardio TONE <i>with Randi</i>	09:00AM-10:00AM Total Core Pilates <i>with Cathy</i>	10:30AM-11:15AM Aqua Stretch and TONE <i>with Picky</i>	09:00AM-09:45AM Total Core Pilates <i>with Carol</i>	09:00AM-09:45AM Cycle <i>with Kostas/Randi</i>
	10:30AM-11:15AM H2O Works <i>with Picky</i>	10:30AM-11:15AM H2O Suspension <i>with Picky</i>	10:30AM-11:15AM Aqua Circuit <i>with Picky</i>	12:00PM-12:45PM Cycling <i>with Ellen</i>	09:45AM-10:30AM Fit at Any Age <i>with Dot</i>	09:00AM-10:00AM Aqua Jam <i>with Picky</i>
	12:00PM-12:45PM Pump Sculpt Fusion <i>with Ellen</i>	12:00PM-12:45PM Instructor Choice Boot Camp <i>with Ellen</i>	05:30PM-06:30PM ZUMBA! <i>with Jessica S.</i>	05:30PM-06:30PM Hi-DEF Sculpt <i>with Mary D.</i>	10:30AM-11:15AM Aqua Strength <i>with Picky</i>	10:00AM-11:00AM Yoga <i>with Lilly/Robyn</i>
	05:00PM-05:30PM Power Abs & Core Solutions <i>with Ellen</i>	5:43PM-06:30PM Cardio Max <i>with Mary</i>	06:00PM – 07:00PM Kat Kamp <i>with Kat (\$)</i>	05:30PM-06:15PM Cycle <i>With Tracy</i>	04:30PM – 05:30PM Military MASH (\$) <i>with Tracy</i>	11:00PM-12:00PM ZUMBA! <i>with Elena/Jessica</i>
	05:30PM-06:30PM Cycle <i>with Ellen</i>	06:00PM- 06:45PM Cycle <i>with TBA</i>	06:30PM – 07:15PM Cycle <i>with Tarah</i>	06:00PM-07:00PM H2O Suspension <i>with Picky</i>		
	05:30PM-06:30PM Cardiomax <i>with Lisa</i>	06:00PM-07:00PM Aqua Jam <i>with Picky</i>	07:00PM-08:00PM Yoga <i>with Robyn/Jessica</i>	06:30PM-07:30PM Yoga <i>with Sue/Robyn</i>		
	06:00PM – 07:00PM Kat Kamp <i>with Kat (\$)</i>					
	06:30PM-07:30PM Yoga <i>with Marybeth</i>					

Worcester Fitness Grove Street

WORCESTER FITNESS GROUP CYCLE GUIDELINES

Worcester Fitness offers multiple Group Cycling classes. There are a limited number of bikes available for these classes, please follow these guidelines when taking class.

- Sign-Ups are required for Cycle classes.
- Sign-ups are only accepted in-person.
- Participants are required to clean the bike that they used when the class ends.
- Participants are strongly encouraged to bring a towel and a bottle of water.
- Please be courteous! Don't disrupt the class by coming in late or leaving early.

(\$) add program fee
See front desk for details.



07/20/2010