

MONDAY

6:15 - 6:45 AM • **SPIN**

Instructor - Meg

6:30-7:15 AM • **Strength & Conditioning**

Instructor - Janine

7:15-7:45 AM • **Spin**

Instructor - Meg

10:30-11:15 AM • **Aquajam**

Instructor - Picky

5:00-6:00 PM • **BootCamp**

Instructor - Nick

5:30-6:00 PM • **Spin**

Instructor - Christian

TUESDAY

6:00- 7:00 AM • **Spin Fusion**

Instructor - Dianne

7:30-8:15 AM • **Kettlebell**

Instructor - Loreta

10:30-11:15 AM • **Pilates**

Instructor -Carol

WEDNESDAY

6:30- 7:15 AM • **Strength & Conditioning**

Instructor - Janine

9:00-10:00 AM • **Spin Fusion**

Instructor - Joanne

10:30-11:15 AM • **Aquajam**

Instructor - Picky

4:15-4:45 PM • **Spin**

Instructor - Meg

5:00-6:00 PM • **BootCamp**

Instructor - Meg

6:15-6:45 PM • **Spin**

Instructor - Meg

THURSDAY

7:00- 7:45 AM • **BootCamp**

Instructor - Sam

9:30-10:00 AM • **Spin**

Instructor - Denleigh

4:00-4:45 PM • **BootCamp**

Instructor - Tracy

5:00 - 5:45 PM • **BootCamp**

Instructor - Tracy

6:00-6:45 PM • **Yoga**

Instructor - Denleigh

FRIDAY

6:30- 7:15 AM • **Strength & Conditioning**

Instructor - Nick

9:00-10:00 AM • **Spin Fusion**

Instructor - Tracy

10:30- 11:15 AM • **Aquajam**

Instructor - Picky

SATURDAY

9:15- 10:30 AM • **Spartan Group EX**

Instructor - Tracy

10:00-10:45 AM • **Yoga**

Rotation - Robyn & Mary Beth

SUNDAY

8:30- 9:15 AM • **BootCamp**

Instructor - Lisa

QUESTIONS

email andrea@worchesterfitness.com

LIVE UPDATES

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