

## MONDAY

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

*Instructor - Janine*

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*

4:00-4:30 PM • **Spin**

*Instructor - Tracy*

5:00-5:45 PM • **BootCamp**

*Instructor - Tracy*

6:15-7:00 PM • **Spin**

*Instructor - Christian*

## 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](mailto:andrea@worchesterfitness.com)

## LIVE UPDATES

VISIT  
[WORCESTERFITNESS.COM  
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