

## MONDAY

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

*Instructor - Janine*

10:30-11:15 AM • **Aquajam\*\***

*Instructor - Picky*

4:30-5:15 PM • **Yoga**

*Instructor - Mary Beth*

5:30-6:15 PM • **Spin**

*Instructor - Instr. Rotation*

## TUESDAY

6:00-7:00 AM • **Spin Fusion**

*Instructor - Dianne*

9:15-10:00 AM • **Pilates**

*Instructor - Carol*

5:30-6:15 PM • **Strength & Conditioning**

*Instructor - Meg*

## 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*

4:00-4:45 PM • **Spin**

*Instructor - Tracy*

5:00-5:45 PM • **BootCamp**

*Instructor - Tracy*

## THURSDAY

9:15-10:00 AM • **Pilates**

*Instructor - Carol*

9:30-10:15 AM • **Spin**

*Instructor - Denleigh*

4:00-4:45 PM • **Yoga**

*Instructor - Denleigh*

5:00-5:45 PM • **BootCamp**

*Instructor - Tracy*

## FRIDAY

6:00-6:45 AM • **Spin Fusion**

*Instructor - Julia*

9:00-10:00 AM • **Spin Fusion**

*Instructor - Tracy*

10:30-11:15 AM • **Aquajam\*\***

*Instructor - Picky*

## SATURDAY

8:00-8:45 AM • **Spin**

*Instructor - Kait*

10:00-10:45 AM • **Yoga**

*Instr. Rotation - Mary Beth/Robyn*

## SUNDAY

8:30-9:15 AM • **BootCamp**

*Instructor - Lisa*

**\*\*June 21st - Aug 20th Hours**

**11:00-11:45 AM**

## QUESTIONS

email [andrea@worchesterfitness.com](mailto:andrea@worchesterfitness.com)

## LIVE UPDATES

VISIT  
[WORCESTERFITNESS.COM/](http://WORCESTERFITNESS.COM/GROUP-FITNESS-CLASSES)  
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