

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 - Denleigh

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 - Joanne

10:30-11:15 AM • **Aquajam**

Instructor - Picky

SATURDAY

8:00-8:45 AM • **Spin**

Instructor - Kait

8:00-8:45 AM • **Old School Power**

Instructor - Mary

10:00-10:45 AM • **Yoga**

Instr. Rotation - Mary Beth/Robyn

SUNDAY

8:30-9:15 AM • **BootCamp**

Instructor - Lisa

QUESTIONS

email andrea@worchesterfitness.com

LIVE UPDATES

VISIT
WORCESTERFITNESS.COM/GROUP-FITNESS-CLASSES

PHONE
508-852-8209

