





# Group Fitness Schedule



# North Shore's Premier Health Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 - 6:25 <b>LES MILLS RPM</b> donny	5:45 - 6:45 <b>LES MILLS BODYPUMP</b> charlene	5:45 - 6:40 <b>LES MILLS RPM</b> jen	5:45 - 6:45 <b>LES MILLS BODYPUMP</b> ro	5:45 - 6:40 <b>LES MILLS RPM</b> ryann	7:40 - 8:25 <b>LES MILLS RPM</b> ryann		
	6:00-7:00 <b>Butty Barre**</b> heather		6:15-7:00 <b>TRX</b> heather	5:45-6:45 <b>Butty Barre**</b> sarah l.	7:30-8:30 <b>LES MILLS BODYPUMP</b> lauren		
		8:30-9:00 <b>LES MILLS RPM EXPRESS</b> nicole			8:30-9:25 <b>H2</b> jacqui		
8:30-9:30 <b>LES MILLS BODYPUMP</b> beth	8:30-9:30 <b>Cardio Barre</b> sarah l.	9:00-9:30 <b>LES MILLS CXWORX</b> sarah l.	8:30-9:30 <b>LES MILLS BODYPUMP</b> beth	8:30-9:00 <b>LES MILLS CXWORX</b> sarah l.	8:30-9:15 <b>TRX</b> heather	8:30-9:25 <b>LES MILLS RPM</b> donny	
9:30-10:25 <b>LES MILLS RPM</b> ryann	9:35-10:35 <b>Mat Pilates</b> beth	9:35-10:30 <b>LES MILLS BODYFLOW</b> beth	9:35-10:35 <b>Butty Barre**</b> ryann	9:00-9:30 <b>LES MILLS BODYFLOW STRENGTH</b> becca	8:35-9:05 <b>LES MILLS CXWORX</b> sarah l.	8:30-9:30 <b>Butty Barre**</b> sarah l.	
9:35-10:35 <b>Butty Barre**</b> kris		9:35-10:20 <b>TRX</b> michael		9:35-10:30 <b>LES MILLS RPM</b> nicole	9:10-10:00 <b>Mat Pilates</b> sarah l.	9:35-10:35 <b>LES MILLS BODYFLOW</b> becca / heather	
10:00-11:00 <b>H2</b> sarah m.		10:00-10:55 <b>H2</b> charlene		9:35-10:20 <b>P.H.I.I.T.</b> sarah l.	10:00-10:55 <b>LES MILLS RPM</b> jay	10:35-11:35 <b>ZUMBA</b> andrea	
12:00-12:55 <b>Butty Barre</b> sarah m.	12:00-12:30 <b>LES MILLS RPM EXPRESS</b> nicole		12:00-12:30 <b>LES MILLS RPM EXPRESS</b> nicole	12:00 - 1:00 <b>Fundamental Mat</b> angela	10:00-10:55 <b>LES MILLS BODYCOMBAT</b> charlene / jen		
	12:30-1:00 <b>LES MILLS CXWORX</b> nicole		12:30-1:00 <b>LES MILLS CXWORX</b> nicole		<p><b>GROUP FITNESS</b> BEVERLY ATHLETIC CLUB</p> <p><b>FOR MORE INFO PLEASE EMAIL</b></p> <p><b>Beth Fielder</b> bfielder@beverlyathletic.com 978-927-0920 Ext: 23</p>  		
4:00-4:45 <b>TRX</b> chris	4:00-4:55 <b>LES MILLS BODYFLOW</b> heather		4:30-5:30 <b>LES MILLS BODYPUMP</b> lauren				
	5:00-5:55 <b>ZUMBA</b> shaina			5:30-6:25 <b>LES MILLS RPM</b> donny			
5:00-6:00 <b>LES MILLS BODYCOMBAT</b> sarah m.	5:10-5:55 <b>LES MILLS RPM</b> nicole	5:15-6:00 <b>P.A.C.</b> ali	5:30-6:30 <b>LES MILLS BODYCOMBAT</b> sarah m.	5:00-6:00 <b>Butty Barre**</b> sarah m.			
	6:00-6:30 <b>LES MILLS CXWORX</b> taylor		6:00-7:00 <b>LES MILLS RPM</b> jay	6:00-7:00 <b>LES MILLS BODYPUMP</b> nicole			
6:05-7:05 <b>LES MILLS BODYPUMP</b> taylor	6:30-7:30 <b>H2</b> jacqui	6:05-7:05 <b>LES MILLS BODYPUMP</b> nicole	6:00-6:45 <b>TRX</b> chris	<p><b>**BARRE &amp; TRX CLASSES</b></p> <p><b>BAC Passport Membership</b> - All classes in Yellow &amp; Blue are FREE. Sign up Required</p> <p><b>BAC only Membership</b> - All classes in Yellow are FREE. Sign up Required</p> <p><b>BAC Express Membership</b> - All Barre classes are fee-based. Sign up Required</p> <p> Indicates class location is BAC EXPRESS</p> <p> Indicates class location is BAC Main Club</p>			
6:05-7:00 <b>LES MILLS RPM</b> jay	6:30-7:30 <b>Butty Barre**</b> sarah l.	6:30-7:00 <b>LES MILLS RPM EXPRESS</b> donny	6:30-7:30 <b>ZUMBA</b> chris				
7:10-7:55 <b>LES MILLS BODYFLOW STRENGTH</b> chris		7:05-7:35 <b>LES MILLS CXWORX</b> nicole	6:35-7:35 <b>H2</b> sarah m.				
	*Classes shaded require advance sign up.						
schedule effective 2/26/2016							

