

Group Fitness Schedule



North Shore's Premier Health Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:25 LES MILLS RPM jen	5:45 - 6:45 LES MILLS BODYPUMP charlene	5:45 - 6:40 LES MILLS RPM jen	5:45 - 6:45 LES MILLS BODYPUMP lauren	5:45 - 6:40 LES MILLS RPM ryann	7:30 - 8:25 LES MILLS RPM ryann	
	6:00-7:00 Booty Barre \$ heather			5:45-6:45 Booty Barre \$ sarah l.	7:30-8:30 LES MILLS BODYPUMP lauren	
		8:30-9:00 LES MILLS RPM EXPRESS nicole		6:00-6:45 TRX heather	8:30-9:25 H2 BAC staff	
8:30-9:30 LES MILLS BODYPUMP beth	8:30-9:30 LES MILLS BODYCOMBAT charlene	9:00-9:30 LES MILLS CXWORX sarah l.	8:30-9:30 LES MILLS BODYPUMP beth	8:30-9:00 LES MILLS CXWORX sarah l.	8:35-9:05 LES MILLS CXWORX chris	8:30-9:25 LES MILLS RPM jen
9:30-10:25 LES MILLS RPM ryann	9:35-10:35 Mat Pilates beth	9:35-10:30 LES MILLS BODYFLOW beth	9:35-10:35 Booty Barre \$ ryann	9:00-9:30 LES MILLS BODYFLOW STRENGTH becca	9:10-10:00 Mat Pilates sarah l.	8:30-9:30 Booty Barre \$ sarah l.
9:35-10:35 Booty Barre \$ kris		9:35-10:20 TRX michael		9:35-10:30 LES MILLS RPM nicole	10:00-10:55 LES MILLS RPM jay	9:35-10:35 LES MILLS BODYFLOW becca / heather
10:00-11:00 H2 sarah m.		10:00-10:55 H2 tricia			10:00-10:55 LES MILLS BODYCOMBAT charlene	10:35-11:35 ZUMBA betsy
12:00-12:55 Booty Barre \$ sarah m	12:00-12:30 LES MILLS RPM EXPRESS nicole	12:00-12:45	12:00-12:30 LES MILLS RPM EXPRESS nicole	12:00 - 1:00 LES MILLS BODYPUMP nicole	9:30-10:30 Booty Barre \$ heather	
	12:30-1:00 LES MILLS CXWORX nicole		12:30-1:00 LES MILLS CXWORX nicole		GROUP FITNESS BEVERLY ATHLETIC CLUB FOR MORE INFO PLEASE EMAIL Beth Fielder bfielder@beverlyathletic.com 978-927-0920 Ext: 16	
4:00-4:45 TRX chris	4:00-4:55 LES MILLS BODYFLOW heather		4:30-5:30 LES MILLS BODYPUMP kris			
				5:30-6:25 LES MILLS RPM donny		
5:00-6:00 LES MILLS BODYCOMBAT sarah m.	5:00-5:55 LES MILLS RPM nicole	5:15-6:00 Mat Pilates ali	5:30-6:30 LES MILLS BODYCOMBAT sarah m.	5:00-6:00 Booty Barre \$ sarah m		
	6:00-6:30 LES MILLS CXWORX taylor	5:30-6:25 Booty Barre \$ ryann	6:00-7:00 LES MILLS RPM jay			
6:05-7:05 LES MILLS BODYPUMP taylor	6:30-7:30 H2 sarah m	6:05-7:05 LES MILLS BODYPUMP nicole	6:00-6:45 TRX chris	pilates + dance + yoga = balance Must pre-register - Fee Based Indicates class location is BAC EXPRESS Indicates class location is BAC Main Club		
6:05-7:00 LES MILLS RPM jay	6:30-7:30 Booty Barre \$ sarah l	6:30-7:00 LES MILLS RPM EXPRESS donny	6:30-7:30 ZUMBA chris			
7:10-7:55 LES MILLS BODYFLOW STRENGTH chris	6:30-7:30 *Beverly Rec Basketball Ct ZUMBA	7:05-7:35 LES MILLS CXWORX nicole	6:35-7:35 H2 sarah m.			

schedule effective 7/1/2015

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