

Group Fitness Schedule

North Shore's Premier Health Club

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
5:45 - 6:35 Elsa	5:30 - 6:30 charlene	5:45 - 6:35 donny	5:45 - 6:45 charlene	5:45 - 6:35 ryann	7:40 - 8:30 ryann			
5:45 - 6:35 P.H.I.I.T. sarah l	6:15-7:00 TRX/Pilates Barre Fusion** heather		6:15-7:00 TRX heather	5:45-6:45 Cardio Fusion Barre** sarah l.	7:30-8:30 lauren			
		8:30-9:00 EXPRESS nicole			8:30-9:25 jacqui			
8:30-9:30 beth	8:30-9:30 Cardio Barre** sarah l/sarah m	9:00-9:30 sarah l.	8:30-9:30 beth	9:00 - 9:30 sarah l	8:30-9:15 TRX heather	8:30-9:20 donny		
9:30-10:25 srah l	9:35-10:35 Mat Pilates beth	9:35-10:30 Yoga jane	9:35-10:35 Booty Barre** weze/kris	9:30-10:15 TRX rob	8:35-9:05 sarah l.	8:30-9:30 Booty Barre** sarah l		
9:35-10:35 Soul Body Barre weze				9:35-10:30 nicole	9:10-10:00 Mat Pilates sarah l	9:35-10:30 Yoga crista/carol		
10:00-11:00 sarah m.		10:00-11:00 diane		9:35-10:35 P.H.I.I.T. sarah l	10:00-10:50 jay	10:35-11:35 alejandro		
	12:00-12:30 EXPRESS nicole		12:00-12:30 EXPRESS nicole		10:00-10:55 charlene			
	12:30-1:00 nicole		12:30-1:00 nicole		 FOR MORE INFO PLEASE EMAIL Beth Fielder bfielder@beverlyathletic.com 978-927-0920 Ext: 23 			
4:00-4:45 TRX justin	4:00-4:55 Yoga carol		4:30-5:30 lauren					
	5:00-5:55 alejandro			5:30-6:25 donny				
5:00-6:00 sarah m.	5:10-5:55 nicole	5:15-6:00 P.A.C. heather	5:30-6:30 sarah m.	5:00-6:00 Booty Barre** sarah m				
	6:00-6:30 taylor		6:00-7:00 jay	6:00-7:00 nicole				
6:05-7:05 taylor	6:30-7:30 jacqui	6:05-7:05 nicole	6:30-7:30 chris	**BARRE & TRX CLASSES BAC Passport Membership - All classes in Yellow & Green are FREE. Sign up Required BAC only Membership - All classes in Yellow are FREE. Sign up Required BAC Express Membership - All Barre classes are fee-based. Sign up Required				
6:05-7:00 sarah l	6:30-7:30 Booty Barre** alison	6:30-7:00 EXPRESS sarah l	6:35-7:30 sarah m.					
7:10-8:00 Yoga jane		7:05-7:35 nicole						
	*Classes shaded require advance sign up.							
	schedule effective 4/19/2018							