



# GROUP EXERCISE SCHEDULE

## MONDAY

5:15AM - STRENGTH - ANGELA (45 MIN.) \*  
6:00AM - BOOTCAMP - MIKEY (50 MIN.) (2)  
6:00AM - SPIN - NIKKI (55 MIN.) (2&3)  
9:30AM - SPIN - CHERYL (45 MIN.) (2)  
10:30AM - STRENGTH & STRETCH - CHERYL (50 MIN.) (2)  
4:30PM - GENTLE YOGA - CORINNE (45 MIN) \*  
5:30PM - BARRE - NIKKI (55 MIN.) (2&3)  
6:30PM - GENTLE YOGA - MIKE (60 MIN.) \*

## TUESDAY

5:05AM - STRENGTH & CONDITIONING - MIKEY (50 MIN.) (2)  
5:45AM - POWER YOGA - HALEY (45 MIN.) (2&3)  
6:00AM - STRENGTH & CORE - NIKKI (55 MIN.) (2)  
9:00AM - GENTLE YOGA - HALEY (45 MIN.) \*  
5:30PM - SPIN - NIKKI (55 MIN.) (2&3)  
5:30PM - STRENGTH - ANGELA (45 MIN.) \*  
6:30PM - STEP - MIKEY (50 MIN.) (2&3)  
7:45PM - STRENGTH & CONDITIONING - MIKEY (50 MIN.) (2)

## WEDNESDAY

5:15AM - STRENGTH - ANGELA - (45 MIN.) \*  
6:00AM - BOOTCAMP - MIKEY (50 MIN.) \*  
6:00AM - SPIN - NIKKI (55 MIN.) (2&3)  
9:30AM - SPIN - CHERYL (45 MIN.) (2)  
10:30AM - STRENGTH & STRETCH - CHERYL (50 MIN.) (2)  
4:30PM - GENTLE YOGA - CORINNE (45 MIN) \*  
5:45PM - STRENGTH - ANGELA (45 MINS.) \*  
6:00PM - GENTLE YOGA - HALEY (45 MINS.) \*  
7:00PM - STEP - MIKEY (50 MINS.) \*

## THURSDAY

5:30AM - STRENGTH - ANGELA (45 MIN.) \*  
6:30AM - BARRE - HALEY (45 MIN.) (2)  
5:30PM - BOOTCAMP - ANGELA (45 MIN.) \*  
5:30PM - PILATES - NIKKI (55 MIN.) (2&3)  
6:30PM - SPIN - NIKKI (55 MIN.) (2&3)  
6:30PM - STRENGTH - ANGELA (45 MIN.) \*  
7:00PM - STEP - MIKEY (50 MIN.) \*

## FRIDAY

5:05AM - STRENGTH & CONDITIONING - MIKEY (50MIN.) (2)  
6:00AM - BOOTCAMP - MIKEY (50 MIN.) \*  
6:00AM - SPIN - NIKKI (55 MIN.) (2&3)  
9:30AM - SPIN - CHERYL (45 MIN.) (2)  
10:30AM - STRENGTH & STRETCH - CHERYL (50 MIN.) (2)  
12:30PM - HIIT - MIKEY (30 MIN.) (3)  
6:00PM - GENTLE YOGA - MIKE (60 MIN.) \*

## SATURDAY

8:00AM - BRAZILIAN STEP - MARCELO (55 MIN.) \*   
9:00AM - VINYASA FLOW - HALEY (45 MIN.) (2)  
10:00AM - SPIN - CHERYL (45 MIN.) (2)

## SUNDAY

8:00AM - GENTLE YOGA - CORINNE (45 MIN) \*  
9:00AM - SPIN - NIKKI (55 MIN.) (2&3)  
10:00AM - BARRE - NIKKI (55 MIN.) (2&3)  
11:00AM - STEP - MIKEY (50 MINS) (2&3)

**LEVEL 1: BEGINNER**

**LEVEL 2: INTERMEDIATE**

**LEVEL 3: ADVANCED**

**\*ALL LEVELS**

**RESERVE YOUR SPOT UPON ARRIVAL**

**PLEASE NOTE SPOTS ARE LIMITED!**

**\$10 DAY PASS AVAILABLE**



*City of Revere*

Mayor Patrick M. Keefe Jr.