



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 - GENTLE YOGA - CORINNE (45 MIN.) *

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
5:15PM - STRENGTH - ANGELA (45 MINS.) *
5:15PM - ZUMBA - VANESSA (45 MINS.) *
6:00PM - GENTLE YOGA - HALEY (45 MINS.) *
7:00PM - STEP - MIKEY (50 MINS.) *

THURSDAY

5:30AM - STRENGTH - ANGELA (45 MIN.) *
6:30AM - HIIT - MIKEY (30 MIN.) 3
9:00AM - BARRE - HALEY (45 MIN.) 2
12:00PM - GENTLE YOGA - HALEY (45 MIN.) *
5:25PM - MAT PILATES - NIKKI (55 MIN.) 2&3
5:30PM - BOOTCAMP - ANGELA (45 MIN.) *
6:30PM - SPIN - NIKKI (55 MIN.) 2&3
6:30PM - STRENGTH - ANGELA (45 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

6:30AM - BOOTCAMP - MIKEY - (50 MIN.) *
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 - SPIN - APRIL (45 MIN.) 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.