





FITLAB FITNESS CLUB

Goffstown Group Exercise Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Interval Step 5:30-6:30 Lisa B		Cardio Muscle 5:30-6:30 Lisa B			Step it Up 8:00-9:00am Kelly A	
Cardio Kickboxing 9:15-10:15am Lorna	Power Hour 9:00-10:00am Lorna	Cardio Jam 9:15-10:15am Lorna	Cardio Muscle 9:15-10:15am Colleen	Zumba 9:00-10:00am Karen	Boot Camp 9:15-10:15am Risa	Yin Yoga 8:00-9:15am Rose
	<i>Ab Attack</i> 10:00-10:15am Lorna			Zumba Strong 10:00-10:30 Karen	<div style="border: 2px solid green; padding: 10px; text-align: center;"> <p>Mission:</p> <p>“Make People Feel Special, Have Fun and Get Fit Together!”</p> </div>	
Gentle Yoga 4:30-5:30pm Rose		Pilates 4:45 -5:30 pm Kellie H	Gentle Yoga 4:30-5:30pm Rose			
Cardio Funk 5:45 -6:45pm Diane	Zumba Strong 5.45 -6.45 pm Diane	Zumba 5:45 -6:45pm Kellie H	Boxing Boot camp 5:45-6:45pm Kellie H	Vinyasa Flow 5:00-6:00pm Rose		
						

FIT LAB FITNESS CLUB
603-623-2099
Director- Lorna Erwin
Lornaerwin322@yahoo

Club Hours:
Monday-Thursday 5am-10pm
Friday 5am-9pm
Saturday 7am-6pm
Sunday 8am-4pm

Childcare Hours:
Monday-Friday
8:00-12:00pm and 4pm-7pm
Saturday 8am-12pm