

FITNESS CLUB

Group Fitness Class Schedule - Manchester, NH

603-641-6500 – Group Fitness Director: KrisGirouard@yahoo.com

MONDAY

9:15 AM

Fusion Boot Camp
Vanessa

12:00 – 12:30 PM

Hard Core ABS – Vanessa

5:00 PM

Spinning Interval – Eve

5:30 – 6:15 PM

Reps & Sets – Kris

6:15 – 6:30 PM

Power Crunch – Kris

6:30 PM

Cardio Kickboxing – Kris

6:00 PM

Yoga - Rose

Group Fitness provides a safe,
progressive and challenging
environment for ALL members!

All classes are 1 hour unless
otherwise noted.

Effective date:

June 5, 2017

TUESDAY

8:15 – 9:00 AM

Spinning Interval – Kevin

9:15 AM

Reps & Sets – Beth

12:00 PM

Yoga – Rachel

4:30 PM - Zumba – Stacey S

5:30 PM - Yoga – Tori

5:30 PM

Spinning Strength - Lisa

5:30 PM

TABATA Boot Camp

Vanessa

6:30 – 7:15 PM

Pilates – Lisa C

WELCOME TO CLASS!!

Winter months –

No School or delayed =

NO AM CLASSES

Call for other class times.

WEDNESDAY

8:15 – 9:00 AM

Spinning Interval – Eve

9:15 AM

Cardio Boxing – Vanessa

12:00 PM

TABATA Boot Camp -
Karen

4:30 – 5:00 PM

BodyPump Express –
Marybeth

5:00 – 5:30 PM

Cardio Boxing – Marybeth

5:30 PM

BodyPump – Marybeth

6:30 – 7:15 PM

Cardio Boxing – Marybeth

Day Care Hours

Weekdays

8:00 AM – 1:00 PM

4:00 PM – 8:00 PM

Saturday – 8 AM to Noon

Not open Sunday

THURSDAY

9:15 AM

BodyPump – Eve

12:00 PM

Yoga – Rachel

4:30 PM

TABATA – Vanessa

5:30 PM

Zumba – Karen R

6:30 – 7:15 PM

Pilates - Eve

FRIDAY

9:15 AM

Zumba – Stacey

9:15 AM

Yoga – Rose

12:00 PM

BodyPump – Kathy

5:45 – 6:30 PM

Boxing Boot Camp – Shane

Nutrition Support is an email away:

Contact Beth Wallace

bwallacewellness@gmail.com

SATURDAY

7:30 AM

Zumba – Stacey

8:30 – 9:15 AM

Reps & Sets – Marybeth

9:15 – 10:00 AM

Cardio Boxing – Marybeth

8:30 AM

Spinning Interval

Karen

9:30 – 10:45 AM

Yoga – Scott/Rachel/Rose

Sunday

8:00 AM

TABATA Boot Camp

Vanessa

9:00 AM

BodyPump - Danielle

CLUB HOURS

24/7 - 7 days a week

Join us on Facebook
FITLAB Fitness Group
Exercise