

# FITLAB

## FITNESS CLUB

### Group Fitness Class Schedule - Merrimack, NH

603-429-4653 – Group Fitness Director: [KrisGirouard@yahoo.com](mailto:KrisGirouard@yahoo.com)

#### MONDAY

6:00 AM  
Spinning Interval - Heather

9:00 – 9:30 AM  
Power Pilates - Beth

9:30 – 10:15 AM  
TABATA Boot Camp - Beth

4:30 PM  
Yoga – Janice O

5:30 PM  
Reps & Sets – Mark

6:30 PM  
Cardio Boxing – Mark

All classes are 1 hour unless otherwise noted.

Join us on FaceBook  
**FITLAB Fitness Group Exercise**

#### TUESDAY

9:15 AM  
Reps & Sets – Michelle H

5:30 – 6:15 PM  
Stability Ball – Beth

6:15 – 7:00 PM  
BodyPump Express – Kelly

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

#### **WELCOME TO CLASS!!**

Winter months –  
No School or Delayed =  
NO AM CLASSES  
Call for other classes.

#### WEDNESDAY

6:00 AM  
Spinning Strength - Catherine

9:15 AM  
Boxing Boot Camp – Colleen

9:15 AM  
Spinning – Eileen B

5:15 – 5:45 PM  
Step Fusion - Michelle H

5:45 – 6:30 PM  
Reps & Sets – Michelle H

6:30 PM  
Yoga – Rose

Nutrition Support is an email away:

Contact Beth Wallace  
[bwallacewellness@gmail.com](mailto:bwallacewellness@gmail.com)

#### THURSDAY

9:15 AM  
Body Pump – Kathy

5:30 PM  
Zumba – Ashley

5:45 PM  
Spinning Interval - Eileen B

#### FRIDAY

5:45 AM  
Spinning Interval – Heather

9:00 – 9:15 AM  
Power Crunch – Michelle H

9:15 AM  
Maximum Step – Michelle H  
9:15 AM Spinning - Audrey

#### SATURDAY

8:00 AM  
BodyPump – Kelly

9:15 AM  
Spinning Interval  
Catherine

#### **Day Care Hours**

**Weekdays**  
8:30 AM – 1:00 PM  
4:00 PM – 8:00 PM  
**Saturday** – 8 AM to Noon  
Not open Sunday

**Effective date:**  
**March 15, 2017**

#### **CLUB HOURS**

**Monday – Thursday 5 AM – 10 PM**  
**Friday 5 AM – 9 PM**  
**Sat and Sun 7 AM – 6 PM**