

# FITLAB FITNESS CLUB

## Group Fitness Class Schedule - Milford, NH

603-673-0800 – Group Fitness Director: [KrisGirouard@yahoo.com](mailto:KrisGirouard@yahoo.com)

### MONDAY

9:15 AM  
BodyPump – Kathy G

5:30 PM  
BARRE - Nicole

6:30 – 7:15 PM  
Yoga – Jennifer

All classes are one hour unless otherwise noted.

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

### TUESDAY

9:15 – 10:00 AM  
Cardio Boxing - Karen R  
10:00 – 10:30 AM  
Core Training – Karen R

5:30 PM  
BodyPump – Danielle

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

9:15 AM  
BodyPump - Karen R

5:15 PM  
Zumba – Karen R

Nutrition Support is an email away:  
Contact Beth Wallace  
[bwallacewellness@gmail.com](mailto:bwallacewellness@gmail.com)

Day Care Hours  
Monday - Friday  
8:30 AM – 1:00 PM  
4:00 – 8:00 PM  
Saturday  
8:30 am – 12:00 PM

### THURSDAY

9:15 AM  
Yoga - Rose

5:30 PM  
BodyPump - Danielle/Kathy

### FRIDAY

9:15 AM  
TABATA Boot Camp – Beth

### SATURDAY

8:00 – 9:00 BARRE –  
Nicole  
9:15 – Bodypump – Mary K

### SUNDAY

9:00 AM  
Yoga - Jennifer

**Effective date:**  
**May 8. 2017**

### **CLUB HOURS**

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