

FITLAB

FITNESS CLUB

Group Fitness Class Schedule - Nashua, NH

603-889-4653 – Group Fitness Director: KrisGirouard@yahoo.com

MONDAY

9:00 AM

Spinning Interval - Melissa

9:15 AM

Cardio Fusion - Mary K

5:30 PM

TABATA Fusion – Karen R

All classes are 1 hour unless otherwise noted.

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

**Effective date:
June 17, 2017**

WELCOME TO CLASS!!

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

TUESDAY

5:45 AM

Spinning Strength – Heather

9:00 AM

BodyPump – Laurie D

10:00 AM

Core Training – Laurie D

4:30 PM

Yoga – Fatima

5:30 – 6:15 PM

Zumba – Ashley

6:15 PM

Cardio KickBoxing - Mark

6:00 PM

Spinning Interval - Eileen H

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

WEDNESDAY

9:15 AM

Zumba – Sinceree

12:15 – 1:00 PM

Spinning Interval - Harrison

5:30 – 6:15 PM

Barre - Kim

6:15 PM

Body Pump - Kim

Nutrition Support is an email away:

Contact Beth Wallace
bwallacewellness@gmail.com

Day Care Hours

Weekdays

9:00 AM – 12:00 PM

4:30 PM – 7:30 PM

Saturday – 8 AM – 11:00 AM

Not open Sunday

THURSDAY

5:45 AM

Spinning Interval - Heather

9:15 AM

Reps & Sets – Michelle H

5:30 – 6:00 PM

Pilates – Kris

6:00 PM

Fusion Boot Camp – Kris

6:00 PM

Spinning Strength - Melissa

FRIDAY

9:15 AM

Cardio Chisel – Colleen

5:30 PM

Power Yoga – Fatima

SATURDAY

8:30 AM

BodyPump – Kim/Lisa

9:30 – 10:15 AM

Cardio Boxing – Lisa

9:00 AM

Spinning Interval - Melissa

Sunday

8:30 – 9:15 AM

Power Pilates – Kris

9:15 AM

Fusion Boot Camp – Kris

10:30 AM

Yoga - Rose

CLUB HOURS

Monday – Thursday 5 AM – 10:00 PM

Friday 5 AM – 9 PM

Sat and Sun 7 AM – 6 PM