

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

4:30 -5:15 PM MIXXEDFIT - Kyle

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:
April 23,2018

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 – 6:00 PM Power Stretch – Stacey S

5:30 PM - Yoga – Tori

5:15 – 6:00 PM
Spinning Strength - Lisa

6:00 – 6:30 PM
TABATA Boot Camp - Lisa

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

9:00 – 10:15 AM
Yoga – Scott/Chelsey

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