

# 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

BARRE – 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

5:15 – 5:45 PM

Step Fusion - Michelle H

5:45 – 6:30 PM

Reps & Sets – Michelle H

6:30 PM

Yoga – Rose

### THURSDAY

9:15 AM

Body Pump – Kathy

9:15 AM

Spinning Interval – Karen

5:30 PM

Zumba – Ashley

### 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 - Mark

### SATURDAY

8:00 AM

BodyPump – Kelly

9:15 AM

Spinning Interval

Catherine

### Day Care Hours

**Weekdays**

8:30 AM – 12:00 PM

4:30 PM – 7:30 PM

**Saturday** – 8 AM to Noon

Not open Sunday

**Effective date:**

**May 16, 2018**

### **CLUB HOURS**

**Monday – Thursday 5 AM – 10 PM**

**Friday 5 AM – 9 PM**

**Sat and Sun 7 AM – 6 PM**