

# FITLAB

## FITNESS CLUB

### Group Fitness Class Schedule - Nashua, NH

603-889-4653 – Group Fitness Director: [KrisGirouard@yahoo.com](mailto: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:**

**March 2018**

**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 - Dee

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](mailto: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

6:00 PM

Power Yoga – Fatima

#### SATURDAY

8:30 AM

BodyPump – Kim/Lisa

9:30 – 10:15 AM

Cardio Boxing – Kim/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**