

FITLAB

FITNESS CLUB

Group Fitness Class Schedule - Merrimack, NH

603-429-4653 – Group Fitness Director: 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 – Mark

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

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:

October 15, 2018

CLUB HOURS

Monday – Thursday 5 AM – 10 PM

Friday 5 AM – 9 PM

Sat and Sun 7 AM – 6 PM