

FITLAB

FITNESS CLUB

Group Fitness Class Schedule - Merrimack, NH

603-429-4653 – Group Fitness Director: KrisGirouard@yahoo.com

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>SATURDAY</u>
<p>9:15 AM Power Pilates - Beth</p> <p>4:30 PM Yoga – Janice O</p> <p>6:00 PM Cardio Boxing and Body Toning Kim</p> <p>All classes are 1 hour unless otherwise noted.</p>	<p>9:15 AM Reps& Sets – Colleen</p> <p>5:30 PM Cardio Inferno (30) Kris</p> <p>6:00 PM Full Body Express– Kris</p> <p>Group Fitness provides a safe, progressive, and challenging environment for ALL members!</p>	<p>5:45 AM Cycle Core – Catherine</p> <p>9:15 AM Cardio Fusion – Colleen</p> <p>6:00 PM Yoga – Jay</p> <p>Join us on FaceBook FITLAB Fitness Group Exercise</p>	<p>9:15 AM Full Body Strength – Kathy</p> <p>5:30 PM Zumba – Amy</p> <p><u>FRIDAY</u></p> <p>5:45 AM Cycle ALL TERRAIN– Catherine</p> <p>9:15 AM STEP ON IT – KATHY/VANESSA</p> <p>Effective date: FEBRUARY 1, 2020</p>	<p>8:30 AM Full Body Strength Lisa</p> <p>9:15 AM Cycle Party Catherine</p> <p>WELCOME TO CLASS!! Winter months – No School or Delayed = NO AM CLASSES Call for other classes.</p>