

# GROUP FITNESS CLASS SCHEDULE

# NASHUA

Download & Sign Up for Classes  
via the **FITLAB FITNESS CLUB APP**

Group Fitness Director: Colleen Wharton - colleengymfit2021@gmail.com

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**



**RAMP is the first ever fitness program that guarantees results in 30 minutes. Talk to a trainer to learn why the RAMP system is for you.**

**5:45 - 6:45**

5:45 pm  
HiiT/Interval  
Training  
(Group X Room)  
~ Kevin

**5:00 - 7:00**

5:00 pm  
Yoga  
(Group X Room)  
~ Rose

6:00 pm  
Cardio Kickboxing  
(Group X Room)  
~ Martina

**5:00 - 7:00**

5:00 pm  
HiiT/Interval Training  
(Group X Room)  
~ Kevin

6:00 pm  
Boxing Bootcamp  
(Boxing Room)  
~ Jesse

**5:45 - 6:45**

5:45 pm  
Spinning  
(Group X Room)  
~ Pat

**5:30 - 7:00**

5:30 pm  
Zumba  
(Group X Room)  
~ Audrey

6:00 pm  
Boxing Bootcamp  
(Boxing Room)  
~ Jesse

**9:00 - 10:00**

9:00 am  
Reps & Sets  
(Group X Room)  
~ Colleen

**10:00 - 11:00**

10:00 am  
Yoga  
(Group X Room)  
~ Rose

**DAYCARE HOURS AVAILABLE**

Monday - Saturday  
Monday - Wednesday

8:30am - 11:00am  
4:30pm - 7:30pm

**Follow us on  
Social Media:**

[fitlab\\_groupfitness](#)  
 [FITLAB Group Fitness](#)

**Winter Policy: Morning Classes:** No School or a Delay = No morning classes.

**Evening Classes:** Cancellations due to inclement weather will be posted on the FITLAB Group Fitness Facebook page or you may call the club.

Effective 1/12/26