




# GROUP FITNESS CLASS SCHEDULE (Effective 4/21/26)

## MERRIMACK

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>9:00-10:00 am</b> Cardio Fusion (Group X Room) -Colleen</p>	<p><b>9:00-10:00 am</b> Reps &amp; Sets (Group X Room) -Nicole</p>	<p><b>9:00-10:00 am</b> Cardio &amp; Strength (Group X Room) -Pat</p> <p><b>10:15-11:15 am</b> Yoga (Group X Room) -Crystal</p>	<p><b>9:00-10:00 am</b> Sculpt, Barre &amp; Core (Group X Room) -Nicole</p>	<p><b>9:00-10:00 am</b> Step (Spinning Room) -Colleen</p> <p><b>9:00-10:00 am</b> Muscle Conditioning (Group X Room) -Nicole</p>	<p><b>9:00-10:00 am</b> Yoga (Group X Room) -Rose</p>	
<p><b>4:30-5:30 pm</b> Yoga (Group X Room) -Janice</p> <p><b>5:45-6:45 pm</b> Zumba (Group X Room) -Diane</p>	<p><b>5:30-6:30 pm</b> Cardio &amp; Strength (Group X Room) -Colleen</p>	<p><b>5:30-6:30 pm</b> Muscle Conditioning (Group X Room) -Stacey</p>	<p><b>5:30-6:30 pm</b> Boxing Bootcamp (Group X Room) -Tina</p>		 <p><b>Get a personalized program with every Exercise, Set, Rep, &amp; Weight CUSTOMIZED TO YOU! Comes with Nutrition Plan and progress tracking.</b></p>	

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**Guaranteed Positive Results  
or you PAY NOTHING!**

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