



GROUP FITNESS CLASS SCHEDULE (Effective 2/22/26)

NASHUA

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



9:00-10:00 am

Reps & Sets
(Group X Room)
-Colleen

10:00-11:00am

Yoga
(Group X Room)
-Rose

Nashua location childcare available Mon-Sat 830am-11am & Mon-Wed 430pm-730pm

5:45-6:45 pm

Muscle
Conditioning
(Group X Room)
-Colleen

6:00-7:00 pm

Cardio
Kickboxing
(Group X Room)
-Martina

6:00-7:00 pm

Cardio
Kickboxing
(Boxing Room)
-Jesse

5:45-6:45 pm

Spinning
(Group X Room)
-Pat

6:00-7:00 pm

HIIT/Interval
Training
(Boxing Room)
-Jesse



**Get a personalized program
with every Exercise, Set, Rep, &
Weight CUSTOMIZED TO YOU!
Comes with Nutrition Plan and
progress tracking.**

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

SEE FRONT DESK FOR DETAILS

**ASK US ABOUT BRINGING A FRIEND FREE!
SEE FRONT DESK FOR FREE 30 DAY MEMBERSHIP PASSES**