



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

## 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

5:00-6:00 pm

Yoga  
(Group X Room)  
-Rose

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**