

Group Fitness Classes - Northern Berkshire Branch

Weekly March 2020 (Eastern Time - New York)

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
6am		Cycling (Cycle Room) 5:30am - 6:30am Sunrise Cardio Boxing w/Katie (Racquetball Court)	Cycling (Cycle Room) 5:30am - 6:30am	Sunrise Cardio Boxing w/Katie (Racquetball Court) 5:45am - 6:30am	Cycling (Cycle room) 5:30am - 6:30am	Cycling w/Rachel (Cycle Room) 6am - 7am	
7am							
8am							
9am		Strength Train Together (Cycle Room) 9am - 10am	Water Cardio Walking (Pool) 9am - 9:45am	Strength Train Together (Cycle Room) 9am - 10am	Water Cardio Walking (Pool) 9am - 9:45am	Strength Train Together (Cycle Room) 9am - 10am	Water Cardio Power (Pool) 9am - 9:45am
10am							
11am		Twinges in the Hinges (Pool) 11am - 11:45am		Twinges in the Hinges (Pool) 11am - 11:45am		Twinges in the Hinges (Pool) 11am - 11:45am	
12pm							
1pm		Twinges in the Hinges (Pool) 1pm - 1:45pm		Twinges in the Hinges (Pool) 1pm - 1:45pm		Twinges in the Hinges (Pool) 1pm - 1:45pm	
2pm							
5pm		Deep End Water Aerobics w/Chris (Pool) 5pm - 5:45pm		Deep End Water Aerobics w/Chris (Pool) 5pm - 5:45pm			
6pm		SilverSneakers Circuit w/Karen (Racquetball Court) 6pm - 7pm	Cycling w/Emily (Cycle Room) 5:30pm - 6:30pm	Dance Fitness w/Karen (Koala Room) 6pm - 7pm	Boom: Move & Muscle w/Karen (Racquetball Court) 6pm - 7pm	Cycling w/Sarah (Cycle Room) 5:30pm - 6:30pm	Dance Fitness w/Karen (Koala Room) 6pm - 7pm