

Group Fitness Classes - Pittsfield Branch

Weekly March 2020 (Eastern Time - New York)

| | Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------|---|--|--|--|--|---|--|
| 6am | | Cycling / Abs w/Tracy (Cycle Room) 6am - 7am | Kettlebell w/Tracy (Auditorium) 6am - 7am | Cycling/Abs w/Tracy (Cycle Room) 6am - 7am | Cycling/TRX/Abs w/Tracy (Cycle Room) 6am - 7am | Cardio Sculpt w/Tracy (Auditorium) 6am - 7am | |
| 7am | | | Masters Swim w/Dan (Pool) 7am - 8am | | Masters Swim w/Dan (Pool) 7am - 8am | | |
| 8am | Masters Swim w/Dan (Pool) 8am - 9:30am | | | | | | Masters Swim w/Dan (Pool) 8am - 9:30am |
| 9am | | | SilverSneakers Circuit w/Tracy (Auditorium) 9am - 9:45am | | | SilverSneakers Circuit w/Tracy (Auditorium) 9am - 9:45am | 20/20/20 w/Tracy (Cycle Room) 8am - 9am |
| 10am | Beginner to Moderate Yoga w/Laurie (Auditorium) 9:30am - 10:30am | Deep Water Workout (Pool) 9:30am - 10:30am | SilverSneakers Classic w/Mary Ellen (Auditorium) 9:45am - 10:30am | Deep Water Workout (Pool) 9:30am - 10:30am | SilverSneakers Classic w/Mary Ellen (Auditorium) 9:45am - 10:30am | Deep Water Workout (Pool) 9:30am - 10:30am | Yoga w/Helen (Auditorium) 9:15am - 10am |
| 11am | ZUMBA w/Shonda (Auditorium) "NEW CLASS" 11am - 12pm | Yoga - Chair w/Tracy (Auditorium) 11am - 12pm | Water Aerobics w/Theresa (Pool) 11am - 12pm | Water Aerobics w/Theresa (Pool) 11am - 12pm | Chair Yoga w/Tracy (Auditorium) 10:30am - 11:15am | Water Aerobics w/Theresa (Pool) 11am - 12pm | ZUMBA w/Shonda (Auditorium) "NEW CLASS" 11am - 12pm |
| 12pm | | Insanity w/Michelle (Auditorium) 12pm - 12:30pm | TRX Basics w/Tracy (Cycle Room) 12pm - 12:30pm | Cycling w/Tracy (Cycle Room) 12pm - 12:30pm | | | |
| 1pm | | Stretch & Recovery w/Michelle (Auditorium) 12:30pm - 1pm | Body Motion w/Tracy (Auditorium) 12:30pm - 1pm | Boot Camp w/Michelle (Auditorium) 12:30pm - 1:15pm | Mix It Up w/Michelle (Auditorium) 12:30pm - 1pm | Insanity w/Michelle (Auditorium) 12:30pm - 1pm | |
| 2pm | | | | | | | |
| 3pm | | Low Intensity Cardio w/Weights Tracy (Auditorium) 3pm - 4pm | | Low Intensity Cardio w/Weights w/Tracy (Auditorium) 3pm - 4pm | | | |
| 4pm | | | | | | | |
| 5pm | | Cycle w/ Tracy (Cycle Room) 4:45pm - 5:30pm | Kettlebell w/Tracy (Auditorium) 4:45pm - 5:30pm | HIIT w/Tracy (Auditorium) 4:45pm - 5:30pm | | | |
| | | TRX & Stretch w/ Tracy (Cycle Room) 5:30pm - 6:15pm TRX & Stretch w/ Tracy (Cycle Room) | Yoga w/Tracy (Auditorium) 5:30pm - 6:15pm Yoga w/Tracy (Auditorium) | Yogalates w/Tracy (Auditorium) 5:30pm - 6:15pm Yogalates w/Tracy (Auditorium) | | | |