Group Fitness Classes - Pittsfield Branch, Holidays in United States

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