



SPRING GROUP FITNESS SCHEDULE

AUGUSTA CLASSES (SEE BACK FOR MANCHESTER CLASSES)

Effective 4/26/2021

	MON	TUES	WED	THURS	FRI	SAT
6AM	TRX and Cardio Interval (Pete) 5:30-6:15am					
7AM			ALL LEVEL YOGA (DEBBIE) 7:30-8:15PM			ENDURANCE RIDE (SHAYNA) 7:45AM-8:45AM
9AM					AOA BALANCE & CORE FALLING PREVENTION (KIM) 9AM-9:45AM	TONGA (JoAnne) 7:45AM-8:45AM
10AM			SILVER SNEAKERS (DEBBIE) 10:15AM-11AM		SILVER SNEAKERS (KIM) 10:15AM-11AM	
12PM	COLIN'S CYCLE (COLIN) 12PM-1PM		COLIN'S CYCLE (COLIN) 12PM-1PM		COLIN'S CYCLE (COLIN) 12PM-1PM	
4PM		ENDURANCE RIDE (SHAYNA) 4:45PM-5:45PM		ENDURANCE RIDE (SHAYNA) 4:45PM-5:45PM		
5PM	Virtual Fitness Express (Tamara) 5:30PM-6PM	ZUMBA ZOOM-Virtual ONLY (JENNIFER) 5:30PM-6:30PM	Virtual Fitness Express (Tamara) 5:30PM-6PM	Yoga (Pam) 5:00-6:00PM		
	All Level Yoga (Izzy) 5:30-6:15PM					

AUGUSTA CAMPUS:
31 UNION ST
AUGUSTA, ME
04330

SPRING GROUP FITNESS SCHEDULE

MANCHESTER CLASSES (SEE BACK FOR AUGUSTA CLASSES)

Effective 4/26/2021

	MON	TUES	WED	THURS	FRI
5AM	Team HITT Live and Zoom (Janice & Holly) 5:15am-6am	Low Impact, Cardio, Tone, Core (Holly) 5:15am-6am	Cardio and Core (Janice & Holly) 5:15am-6am		Team HITT Live and Zoom (Janice & Holly) 5:15am-6am
7AM			Total Body Strength (Shayna) 7am-8am		
8AM					Total Body Strength Live and Zoom (Shayna) 8am-9am
10AM	Silver Sneakers Chair Stretch (Kim) 10:30am-11:15am		Silver Sneakers (Kim) 10:30am-11:15am		Silver Sneakers (Debbie) 10:30am-11:15am
11AM	Silver Sneakers (Kim) 11:30am-12:15pm		Silver Sneakers (Kim) 11:30am-12:15pm		Silver Sneakers Yoga Stretch (Debbie) 11:30am-12:15pm
4PM		All Level Yoga (Jacqui) 4:30pm-5:30pm			
5PM	Virtual Fitness Express (Tamera) 5:30pm-6pm		Virtual Fitness Express (Tamera) 5:30pm-6pm		
6PM		Virtual Zumba (Jennifer) 5:30pm-6:30pm			

MANCHESTER CAMPUS:
40 GRANITE HILL RD
MANCHESTER, ME
04351