



SUMMER GROUP FITNESS SCHEDULE

AUGUSTA CLASSES (SEE BACK FOR MANCHESTER CLASSES)

	MON	TUES	WED	THURS	FRI	SAT
6 AM						
7 AM			ALL LEVEL YOGA (DEBBIE) 7:30-8:15PM			
8 AM						Integrated Stretch and Strength (JoAnne) 7:45AM-8:45AM
9 AM						
10AM			SILVER SNEAKERS (DEBBIE) in 10:15AM-11AM		SILVER SNEAKERS (KIM) 10:15AM-11AM	
12 PM	COLIN'S CYCLE (COLIN) 12PM-1PM		COLIN'S CYCLE (COLIN) 12PM-1PM		COLIN'S CYCLE (COLIN) 12PM-1PM	
4 PM						
5 PM			Zumba with Tori 5:15-6:00	Latin Fusion Cycle With Kasia 5:15-6		
5 PM	ALL LEVEL YOGA Live & Zoom (Izzy) 5:30-6:30PM	LATIN FUSION CYCLE WITH KASIA 5:15-6	Stretch and core with Tori 6:00-6:20	Yoga For Every Body (Pam) 5:30-6:15pm		

AUGUSTA CAMPUS:
31 UNION ST
AUGUSTA, ME
04330



SUMMER GROUP FITNESS SCHEDULE

MANCHESTER CLASSES (SEE BACK FOR AUGUSTA CLASSES)

	MON	TUES	WED	THURS	FRI
5AM		Total Body Strength and Cardio (Holly) 5:15am-6:15	Team Cycle (Janice & Holly) 5:15am-6:15am		Team HITT Total Body (Janice & Holly) 5:15am-6:15am
7AM	Interval Cycle (Kim) 7:30am-8:15am				
8AM			Total Body Strength (Shayna) 8:15am-9am		Total Body Strength (Shayna) 8:15am-9am
9AM		Introduction to Strength (Pete) 9:15am-10am		Introduction to Strength (Pete) 9:15am-10am	
10AM	Silver Sneakers Chair Stretch (Kim) 10:30am-11:15am		Silver Sneakers (Kim) 10:30am-11:15am		Silver Sneakers (Debbie) 10:30am-11:15am
11PM	Silver Sneakers (Kim) 11:30am-12:15pm		Silver Sneakers (Kim) 11:30am-12:15pm		Silver Sneakers Yoga Stretch (Debbie) 11:30am-12:15pm
4 PM					
5PM		All Level Yoga (Jacqui) 4:30pm-5:30pm			

MANCHESTER CAMPUS:
40 GRANITE HILL RD
MANCHESTER, ME
04351