


















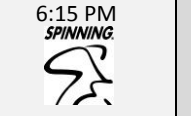






Group Exercise Schedule 2012

SPINNING®

TRX®  
Suspension Training®

STOTT PILATES®  
MERRITHREW CORPORATION

INDOGROW

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
Morning	 8:30 AM  Sarah/Nancy	6:00 AM  Debbi	5:45 AM  Debbi	6:00 AM  Luanne	5:45 AM EXPRESS 40 Circuit Stephanie	6:00 AM  Jenine	8:00 AM Intermediate Mat Pilates Jenine	8:00 AM TRX® Stephanie
	9:30 AM  Jenine	9:15 AM  Jenine	9:15 AM  Jenine	6:15 AM Indoor Boot Camp Jenine	9:15 AM  Stephanie	9:30 AM  TRX® Strength Circuit Brian/Jenine	9:15 AM  Brian	9:00 AM fls group run Complimentary
	10:30 AM TRX® Jenine	9:30 AM *Cardio Tramp Reformer Jenine	9:30 AM *Cardio Tramp Reformer Lisa	9:30 AM Mat Pilates With Props Jenine	9:30 AM *Essential Reformer Danna	10:15 AM  Row & Flow Lisa		
	3:00 fls Youth Program Kids Spin  OFFICIAL SPINNING CENTER &  Facility	3:00 fls Youth Program Kids Spin		3:00 fls Youth Program Kids Spin		5:15 PM *Cardio Tramp Intervals Reformer Lisa	Fit Lifestyle Studios is proud to be a hosting center for Mad Dogg Athletics and a workshop location for instructor education. This ensures the highest quality and our instructors are continually raising the bar!  <b>TO REGISTER FOR CLASSES:</b> Register online using your purchased credits on our online calendar <a href="http://www.fitlifestylestudios.com">www.fitlifestylestudios.com</a> Click  Schedule Appointment Button	
	5:45 PM  Stephanie	6:15 PM  Betsey	5:30 PM Intro to  /TRX® Thom	6:15 PM  Amanda	6:30 PM TRX® Jenine	<ul style="list-style-type: none"> <li>Registration for all group classes is completed online, If you do not have access to the internet please call 781.662.3306</li> <li>Water is highly recommended, refills provided, towels provided</li> <li>To obtain optimal results in any cardiovascular program Heart rate monitors are recommended , please consult with one of our specialists on heart rate training</li> <li>Beginners should arrive 10-15 minutes prior to class</li> <li>Due to safety concerns no one will be admitted after the first 5 minutes of class</li> <li>Classes &amp; Instructors are subject to change without notice</li> <li>*Equipment Based Class – Gold or Platinum Unlimited Pass or Group Reformer Pass</li> </ul>		
	6:15 PM  TBD	6:30 PM  TRX® 30/30 Stephanie	6:15 PM *Essential Reformer Lisa	6:30 PM TRX® Jenine	7:15 PM Mat Pilates Jenine			
	7:15 PM Kickboxing Stephanie	7:30 PM *Cardio Tramp Reformer Jenine	6:15 PM  Jenine  7:15 PM  Ania					