

Fit Lifestyle studios is proud to be an Official SPINNING® Facility. All of our Instructors are Mad Dogg/ Spin Fitness SPINNING® certified!

# Fit Lifestyle Studios



Where Health Meets Fitness

[www.fitlifestylestudios.com](http://www.fitlifestylestudios.com)

171 Tremont Street Melrose MA 02176

781.662.3306

## Spring Schedule 2010

Fit Lifestyle studios trains exclusively in STOTT PILATES®

Child care available!  
First class complimentary!

Day	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning		6:00 AM <b>SPINNING</b>  Tim		6:00 AM <b>SPINNING</b>  Tim		6:00 AM <b>SPINNING</b>  Jenine	7:45 AM <b>Essential Mat Pilates</b> Jenine 8:00 AM <b>Boot Camp</b> Jeff
	9:30 AM <b>SPINNING</b>  Jenine	9:30 AM <b>Essential Mat Pilates</b> Jenine	9:15 AM <b>SPINNING</b>  Jenine	9:30 AM <b>Mat Pilates With props</b> Jenine	9:15 AM <b>SPINNING</b>  Jeff		9:15 AM <b>SPINNING</b>  Brian
Evening		6:15 PM <b>SPINNING</b>  Jeff	6:00 PM <b>Boot Camp</b> Jeff	6:15 PM <b>SPINNING</b>  Jenine	6:00 PM <b>Boot Camp</b>	5:15 PM <b>SPINNING</b>  Tim	
				7:15 PM <b>Body Bar /Band</b> Jenine	6:30 PM <b>FLS Runners Track workout</b>	Class instructors are subject to change without notice	
		<a href="http://www.fitlifestylestudios.com">www.fitlifestylestudios.com</a> Register for all classes using your credits on our online calendar or call to reserve your space.			7:30 PM <b>Essential Mat Pilates</b> Jenine	All Spinning® classes are 45 minutes unless otherwise noted	

Registration for all Group Classes is completed online  
Water and a towel are highly recommended for class  
Heart rate monitors are recommended for SPINNING® class  
Beginners should arrive 10-15 minutes prior to SPINNING® class for set up and intro  
Due to safety concerns no one will be admitted after the first 5 minutes of class  
Due to sanitary reasons we recommend you bring your own mat to yoga and pilates classes, if you do not own one we will provide you with a sanitized mat or you may purchase one at the studio  
All Private, Semi Private and Small Group Trainings are scheduled by appointment

If you do not see a time on this schedule that fits your needs please email us at [getfit@fitlifestylestudios.com](mailto:getfit@fitlifestylestudios.com) and we will make every effort to accommodate you