

## Fitchburg Group X Class Schedule for Phase 2 Summer 2020, starting July 6th

MONDAY					THURSDAY				
Time	Studio	Class	Instructor	Duration	Time	Studio	Class	Instructor	Duration
8:30a	OUTSIDE	Spent60	Hallie / Mel	:60	8:30a	OUTSIDE	Straight Up Strength	Heather/Mel	:60
9:45a	2	Functional Phitness	Mel/Lisa	:45	6:15p	OUTSIDE	Yoga Flow	Meg	:45
10:00a	OUTSIDE	BodyPump	Christine	:60					
11:00a	2	Gentle Yoga	Vicki G.	:60					
5:15p	OUTSIDE	Kickin Kardio	Margaret	:60					
5:15p	OUTSIDE	Yoga Flow	Meg	:55					
TUESDAY					FRIDAY				
8:45a	OUTSIDE	Insanity	Kristin	:45	8:30a	OUTSIDE	Spent60	Hallie / Mel	:60
9:45a	OUTSIDE	Yoga Flow	Kristin	:45	9:45a	2	Functional Phitness	Heidi / Mel	:45
5:30p	OUTSIDE	PHIT	Margaret	:60					
WEDNESDAY					SATURDAY				
8:45a	OUTSIDE	20/15/10	Heather	:45	8:00a	OUTSIDE	BodyPump	Cori/Liz	:60
10:00a	OUTSIDE	BodyPump	Kristin	:60	9:30a	OUTSIDE	Kickin Kardio	Margaret	:60
SUNDAY									
					8:30a	OUTSIDE	Insanity	Kristin	:45
					9:30a	OUTSIDE	Power Yoga	Kristin	:45
					11:00a	OUTSIDE	BodyPump	Keegan	:60

**Class Policies & Etiquette:**

- Sign up for class online using Club Systems My Mobile Scheduling App
- Please arrive to class on time
- Bring a water bottle and towel to each class
- Wear comfortable workout attire including non-street fitness shoes
- Please clean your equipment after class is complete.
- Bring your own yoga mat from home, clean it before and after your workout with our supplied cleaning and sanitizing agents.
- Help to keep our studios clean by depositing all trash, workout towels, etc, in designated bins
- Bare-feet are not permitted in the studio unless attending mind/body class

Highlighted classes are currently offered outside  
**For class descriptions, please visit our website [www.phfitness.com](http://www.phfitness.com)**

\* Spent60 is Ultimate Intervals same format, new name!  
 \* Kickin Kardio is kickboxing and core-focused format

