

Fitchburg Group X Class Schedule for Fall, effective 10/19/2020

MONDAY

Time	Studio	Class	Instructor	Duration
6:00a	1	PHIIT	Heather	:45
8:30a	1	Spent60	Hallie / Mel	:60
9:45a	1	Functional Phitness	Mel / Heidi	:45
10:45a	1	BodyPump	Christine	:60
5:05p	1	Kickin Kardio	Margaret	:60
6:15p	1	Yoga Flow	Meg	:45

TUESDAY

8:45a	1	Insanity	Kristin	:45
9:45a	1	Yoga Flow	Kristin	:45
5:15p	1	PHIIT	Margaret / Katelyn	:60

WEDNESDAY

8:45a	1	20/15/10	Heather	:45
9:45a	1	BodyPump	Kristin	: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

For class descriptions, please visit our website www.phfitness.com

* Spent60 is Ultimate Intervals same format, new name!

* Kickin Kardio is kickboxing and core-focused format

THURSDAY

Time	Studio	Class	Instructor	Duration
8:30a	1	Straight Up Strength	Heather / Mel	:60
9:45a	1	Gentle Yoga	Vicki	:60
5:15p	1	Yoga Flow	Meg	:45

FRIDAY

6:00a	1	20/15/10	Heather	:45
8:30a	1	Spent60	Hallie / Mel	:60
9:45a	1	Functional Phitness	Heidi / Lisa	:45

SATURDAY

8:00a	1	BodyPump	Cori / Mel	:60
9:30a	1	Kickin Kardio	Margaret	:60

SUNDAY

8:30a	1	Insanity	Kristin	:45
9:30a	1	Power Yoga	Kristin	:45
10:30a	1	BodyPump	Keegan	:60

