

Fitchburg Group X Class Schedule for Phase 2 Winter 2021, starting 1/18

MONDAY					THURSDAY				
Time	Studio	Class	Instructor	Duration	Time	Studio	Class	Instructor	Duration
8:30a	1	PINNtervals	Jaclyn/Mel	:60					
9:45a	1	Functional Phitness	Mel/Heidi	:45	5:30a	2	TRX (starting 1/28)	Andrea	:45
5:05p	1	Kickin Kardio	Margaret	:60	8:30a	1	Straight Up Strength	Heather/Mel	:60
6:15p	1	Yoga Flow	Meg	:45	9:45a	1	Gentle Yoga	Karen	:60
					5:15p	1	Yoga Flow	Meg	:60
TUESDAY					FRIDAY				
5:30a	1	BodyPump (starting 1/26)	Cori	:60					
8:45a	1	Insanity	Kristin	:45	8:30a	1	PINNtervals	Jaclyn/Mel	:60
9:40a	1	Yoga Flow	Kristin	:45	9:45a	1	Functional Phitness	Heidi/Lisa	:45
5:30p	1	Straight Up Strength	Katelyn	:45					
WEDNESDAY					SATURDAY				
8:45a	1	20/15/10	Heather	:45	8:00a	1	BodyPump	Cori/Mel	:60
9:45a	1	BodyPump	Kristin	:60	9:30a	1	Kickin Kardio	Margaret	:60
5:15p	1	PHIIT	Margaret/Katelyn	:60					
SUNDAY									
					8:30a	1	Insanity (starting 1/24)	Kristin/Cassidy	:45
					9:30a	1	Power Yoga (starting 1/24)	Kristin/Liz	:45

Class Policies & Etiquette:

- Sign up for class online using Club Systems Member Mobile 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

