

Fitchburg Group X Class Schedule Spring 2021, starting 5/1/2021

MONDAY				
Time	Studio	Class	Instructor	Duration
8:30a	O	PINNtervals	Jaclyn/Mel	:60
9:45a	1	Functional Phitness	Mel/Heidi	:45
11:00a	1	Gentle Yoga	Meg	:60
5:05p	O	Kickin Kardio	Margaret	:60
6:15p	O	Yoga Flow	Meg	:45
TUESDAY				
6:00a	1	BodyPump	Cori	:60
8:45a	O	Insanity	Kristin	:45
9:40a	O	Yoga Flow	Kristin	:45
5:30p	O	Straight Up Strength	Margaret/Cassidy	:45
6:30p	O	WERQ (starts 5/18)	Melissa	:60
WEDNESDAY				
8:30a	O	20/15/10	Heather	:45
9:30a	1	BodyPump	Kristin	:60
5:15p	O	PHIIT	Margaret/Cassidy	:60
6:30p	1	BodyPump	Keegan	:60

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

* Kickin Kardio is kickboxing and core-focused format

THURSDAY				
Time	Studio	Class	Instructor	Duration
6:00a	2	TRX	Andrea	:45
8:30a	O	Straight Up Strength	Heather/Mel	:60
9:45a	1	Gentle Yoga	Karen	:60
5:15p	O	Yoga Flow	Melanie W.	:60
6:30p	O	WERQ (starts 5/20)	Melissa	:60
FRIDAY				
8:30a	O	PINNtervals	Jaclyn/Mel	:60
9:45a	1	Functional Phitness	Heidi/Lisa	:45
SATURDAY				
8:00a	1	BodyPump	Cori/Louisa	:60
9:30a	O	Kickin Kardio	Margaret	:60
SUNDAY				
8:30a	O	Insanity	Kristin/Cassidy	:45
9:30a	O	Power Yoga	Kristin/Cori	:45

O = OUTSIDE

1 = STUDIO 1 with live stream to studio 2

2 = STUDIO 2 only

**in the event of bad weather classes will be moved inside

