

**Today's Fitness - Joanne Collins Group X-Director**  
**27 Normac Road, Woburn, MA 01801**

[www.todays-fitness.net](http://www.todays-fitness.net)

**RESERVATIONS FOR SPIN CLASSES ONLY CAN BE MADE 60 HOURS IN ADVANCE VIA [WWW.SUPERSAAS.COM](http://WWW.SUPERSAAS.COM)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15-6:15am HIIT/Fit Cross Jane M.	5:45-6:30am Muscle Mix Kerri P.	5:15-6:05am Kickboxing w/Mauricio Burgos or Michele Dean	5:45-6:30am Muscle Madness Jane M.	5:15-6:00am HIIT 6:05- 6:35am Yoga Express Debbie A.		
		6:10-7:05am Yoga Fusion Debbie D.	7:30-8:15am KB/Muscle Michele D.	7:30-8:30am CORE/BARRE Jane M.	7:30-8:30am Kick-Tabata/ Cardio KB Kerri P/Michele D	8:00-8:55am Kick Box Joanne C. -
7:50-8:45am CORE SCULPT& BARRE Emily	8:45-9:30am Mixed BAG Joanne C. (cardio/muscle intervals)	8:15-9:00am Muscle Sculpt Michele D.	8:30-9:30am Strength Overload Joanne C.	9:00-9:45am FIT CROSS Joanne C.	8:30-9:30am Strength Overload Kerri//Joanne	9:00-9:30am Joanne C. Pilates Xpress
9:00- 10:00am FIT CROSS Joanne C.	9:35- 10:15am Strength Overload Joanne C.	9:05-10:00am KB Tabata Kerri P.			9:30- 10:00am Stretch It Out Kerri/Joanne	9:30-10:15am Tabata/Met Con Rick B. 45 mins.
				10:15- 11:00am Low Impact w/resistance Nancy S.		
	4:30- 5:25pm PiYO Kristin B.					
5:30- 6:25pm HIIT TBD	5:30-6:25pm Barbell Pump Gerard	5:30-6:30pm Kickbox Interval Kim Cuscumo	5:30-6:25pm Barbell Pump Gerard			
	6:30-7:15pm Kickbox Party Mauricio B	6:35-7:35pm Hatha Yoga Jane M.				All classes are subject to cancelation if participation is less than 8 people.

**~CYCLE SCHEDULE~**

5:15-6:15am Cycle Beats Kristin B.	5:15-5:45am Cycle Express Kerri P.	5:15-6:05am Cycle Beats Vincent R.	5:15-5:45am Cycle Express Jane M.		7:30-8:30am Cycle Beats Kristen B.	8:15-9:15am Cycle Beats Jane/Wendy
8:45- 9:30am Cycle Beats Kerri P.	8:45-9:30am Endurance Ride Wendy P.	9:05-9:55am Ripped RIDE Nancy S.		8:45- 9:30am Cycle Beats Wendy P.		
6:00-6:45pm Cycle Beats Shannon F.	5:30-6:30pm RACE Day Bob R.	5:45-6:45pm Cycle Beats Kristin B	5:30-6:30pm RACE Day Bob R.			All spin reservations are made at supersaas.com. We no longer reserve 2 walk in spaces at front desk.