

**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 Body Camp w/Tabata Gerard/Alison C.	5:45-6:30am Muscle Mix Kerri P.	5:15-6:00am Kick Box w/ Core Alison B.	5:45-6:30am Muscle Madness Jane M.	5:40-6:15am Tabata Express Richard D.		
	6:35-7:20am Tabata Express Kim D.	6:05-7:05am Yoga Fusion Debbie D.	6:35-7: 20am Blocks- kickboxing/muscle blocks Joanne R.		7:30-8:30am Kick-Tabata/ Cardio KB Kerri P/Michelle D	8:15-9:10am Kickboxing/Insanity Mash Up Rich/& Joanne
8:00-8:40am CORE SCULPT& BARRE Emily	8:30-9:30am Mixed Bag Joanne R.	8:15-9:00am Lean & Tone Michele Dean	8:30- 9:15am TBC Total Body Conditioning Marina	8:00-9:00am PILOXING Viviana C	8:30-9:30am Strength Overload Kerri//Joanne	
8:45- 9:30am Met Con w/Core Rick B.		9:05-10:00am HIIT Kerri P.		9:05-10:05am BURN Joanne R.		9:15-10:00am Tabata Alison C. 45 mins.
				10:15- 11:00am Low Impact w/resistance Nancy S.		10:05-10:50am Pilates Joanne/Kerri
	4:30- 5:25pm PiYO Kristin B.					
5:30- 6:30pm Cardio/Muscle Fusion Linda D.	5:30-6:30pm Lean & Tone Michele Dean	5:00-6:00pm KB & Muscle Michele D.	5:30-6:25pm Barbell Pump Vincent R.			
6:30-7:30pm Tabata Alison C.	6:35- 7:35pm Hatha Yoga Jane M.	6:05- 7:15pm PILOXING Vivienne C.				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 Jen S,	5:15-5:45am Cycle Express Jane M.	5:05- 5:35am Power ½ Hour Richard D.	7:30-8:30am Cycle Beats Kristin B.	8:15-9:15am Cycle Beats Nicole B.
8:50- 9:30am BURN 40 Cycle Emily K.	8:30-9:30am Ripped RIDE Jen S.		9:05-9:55am Ripped RIDE Nancy S.	6:30-7:15am Cycle Beats Kim D.		
6:00-7:00pm Cycle Beats Jen S.	5:30-6:30pm RACE Day Bob R.	6:00-7:00pm 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.

*Schedule Effective June 26, 2017*