

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

www.todays-fitness.net

RESERVATIONS FOR SPIN CLASSES ONLY CAN BE MADE 60 HOURS IN ADVANCE VIA WWW.SUPERSAAS.COM

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|--|--|---|---|
| 5:15-6:15am HIIT/Fit Cross Amy Fuentes | 5:45-6:30am Muscle Mix Kerri P. | 5:15-6:00am Kick Box w/ Core Alison C. | 5:45-6:30am Muscle Madness Jane M. | 5:15-6:15am HIIT/Fit Cross Amy Fuentes | | |
| | | 6:05-7:05am Yoga Fusion Debbie D. | 7:30-8:15am Michele D. KB/Muscle | 7:30-8:30am Fit Cross Joanne C. | 7:30-8:30am Kick-Tabata/ Cardio KB Kerri P/Michele D | 8:00-8:45am Kick Box Joanne C. - |
| 7:50-8:45am CORE SCULPT & BARRE Emily | 8:30-9:10am Mixed BAG Joanne C. (cardio/muscle intervals) | 8:15-9:00am Lean & Tone Michele D. | 8:30-9:15am Strength Overload Joanne C. | 8:30-9:15am CORE SCULPT & BARRE Jane M | 8:15-9:00am Strength Overload Kerri//Joanne | 8:50-9:15am Joanne C. Pilates Xpress |
| 9:00- 10:00am Fit Cross Joanne C. | 9:15- 10:00am PIYO Kristen B. | 9:05-10:00am KB Tabata Kerri P. | | | 9:00-9:30am Stretch OUT! Joanne/ Jane M | 9:15-10:00am Tabata/Met Con Alison C./ 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 Cardio/Muscle Fusion Vincent R. | 5:30-6:25pm Lean & Tone Michele D/Gerard | 5:30-6:30pm Tabata Alison B/Michelle D | 5:30-6:25pm Small Group Training Sign up at front desk w/Vincent | | | |
| | 6:30- 7:30pm ZUMBA® Mariana Diaz | 6:30-7:30pm Hatha Yoga Jane M. | | | | All classes are subject to cancelation if participation is less than 8 people. |

~CYCLE SCHEDULE~

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| 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 Kristin B. | 8:15-9:15am Cycle Beats Nicole B. |
| 8:45- 9:30am Cycle Beats Kerri P. | 9:00-9:45am Endurance Ride Wendy P. | 9:05-9:55am Ripped RIDE Nancy S. | | 9:05- 9:50am Cycle Beats Wendy P. | | |
| | 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. |