

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 Jane M.	5:45-6:30am Muscle Mix Kerri P.	5:15-6:05am Cardio Interval w/Kerri or Rachel	5:45-6:30am Muscle Madness Jane M.	5:15-6:00am HIIT 6:05- 6:30am Yoga Express Debbie A.		
7:30-8:30am CORE/BARRE Emily King		6:10-7:05am Yoga Fusion Debbie D.	7:30-8:15am KB/Muscle Michele D.	7:30-8:30am CORE/BARRE Jane M.	7:15-8:15am Kick-Tabata/ Cardio KB Kerri /Michele D	8:05-8:55am Kick Box Joanne C. -
9:00- 10:00am FIT CROSS Joanne C.	8:30-9:15am Mixed BAG Joanne C. (cardio/muscle intervals)	8:15-8:55am Muscle Sculpt Michele D.	8:30-9:30am Strength Overload Joanne C.	8:30-9:25am KickBox w/ Stations Joanne C.	8:15-9:00am Strength Overload Kerri//Joanne	9:00-9:30am Joanne C. Pilates Xpress
	9:15- 10:15am Strength Overload Joanne C.	9:00-10:00am KB Tabata Kerri P.		9:30- 10:15am Low Impact w/resistance Nancy/Karen	9:00- 9:30am Stretch It Out Kerri/Joanne	9:30-10:15am Met Con Rick B. 45 mins.
5:15- 6:00pm Cardio & Muscle Kim C.	5:00- 6:00pm PiYO Kristin B.	5:30-6:30pm KB Interval & Muscle Kim Cuscumo	5:30-6:30pm Strength Overload Rachel M. Begins 9/19			
6:05-7:00pm Vinyasa Flow Yoga Paula S.	6:05-7:00pm HIIT Rachel M.	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
8:30- 9:15am 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.		
	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.