

**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<br>HIIT/Fit Cross<br>Jane M.       | 5:45-6:30am<br>Muscle Mix<br>Kerri P.                                 | 5:15-6:05am<br>Kickboxing<br>w/Mauricio Burgos or<br>Michele Dean | 5:45-6:30am<br>Muscle Madness<br>Jane M.      | 5:15-6:00am<br>HIIT<br>6:05- 6:35am<br>Yoga Express<br>Debbie A. |   |   |
|  |   | 6:10-7:05am<br>Yoga Fusion<br>Debbie D.                           | 7:30-8:15am<br>KB/Muscle<br>Michele D.        | 7:30-8:30am<br>CORE/BARRE<br>Jane M.                             | 7:30-8:30am<br>Kick-Tabata/<br>Cardio KB<br>Kerri P/Michele D | 8:00-8:55am<br>Kick Box<br>Joanne C.<br>-   |
| 7:50-8:45am<br>CORE SCULPT &<br>BARRE<br>Emily | 8:45-9:30am<br>Mixed BAG<br>Joanne C.<br>(cardio/muscle<br>intervals) | 8:15-9:00am<br>Muscle Sculpt<br>Michele D.                        | 8:30-9:30am<br>Strength Overload<br>Joanne C. | 9:00-9:45am<br>FIT CROSS<br>Joanne C.                            | 8:30-9:30am<br>Strength Overload<br>Kerri//Joanne             | 9:00-9:30am<br>Joanne C.<br>Pilates Xpress  |
| 9:00- 10:00am<br>FIT CROSS<br>Joanne C.        | 9:35- 10:15am<br>Strength Overload<br>Joanne C.                       | 9:05-10:00am<br>KB Tabata<br>Kerri P.                             |   |  | 9:30- 10:00am<br>Stretch It Out<br>Kerri/Joanne               | 9:30-10:15am<br>Tabata/Met Con<br>Rick B.<br>45 mins.                                   |
|  |   |   |   | 10:15- 11:00am<br>Low Impact<br>w/resistance<br>Nancy S.         |   |   |
|  | 4:30- 5:25pm<br>PiYO<br>Kristin B.                                    |   |   |  |   |   |
| 5:15- 6:0pm<br>HIIT<br>Kim C.                  | 5:30-6:30pm<br>FIT CROSS<br>Rick B.                                   | 5:30-6:30pm<br>Kickbox Interval<br>Kim Cuscumo                    |   |  |   |   |
|  |   | 6:35-7:35pm<br>Hatha Yoga<br>Jane M.                              |   |  |   | All classes are subject<br>to cancelation if<br>participation is less<br>than 8 people. |

**~CYCLE SCHEDULE~**

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