

Fall group exercise schedule

Effective Sept 10th
2018

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TABATA Janice 5:30-6:30AM	SUNRISE YOGA Karen 5:30-6:30AM	SCULPT Janice 5:30-6:30AM	H.I.I.T Janice 5:30-6:30AM		
						MUSCLE PROGRESSION Janice 8-8:30AM
CORE Jeff 8:30-9:15AM	KICKBOXING INTERVAL Janice 8:45-9:30AM		ARM CANDY Janice 8:45-9:30AM	<i>*SENIOR FRIENDLY</i> MUSCLE ON THE MOVE Janice 8:45-9:30AM		KICKBOXING Janice 8:30-9:15AM
		SENIOR FITNESS Shelby 9-10AM	PILATES Amanda 9:30-10:30AM		MIXXEDFIT Jen 9:30-10:30AM	PILATES Marian 9:30-10:30AM
ZUMBA Katie 10-11AM						
	SPIN Mary 12:15PM	SCULPT Shelby 12-1PM		PILATES Marian 12:15-1PM		
	SCULPT Lisa 5:30-6:30PM		STEP INTERVALS Lisa 5:30-6:30PM	SCULT & STRETCH Karen 5-6PM		
ZUMBA Jen 6:30-7:30PM		CARDIO STRENGTH INTERVALS Amanda 6-7PM	ZUMBA Katie 6:30-7:30PM	STRONG BY ZUMBA Jen 6pm-7pm	QUESTIONS or COMMENTS? PLEASE CONTACT: Christine Howard Manager Christine@Pro-FitnessPlus.com	



Class schedule & instructors are subject to change.

Classes will not be held with less than 3 members attending!

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