

Group Fitness Schedule as of 8/29/2018

Time	Monday	Tuesday	Wednesday	Thursday	Friday
10:30-11:30	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*
11:30-12:30	Yoga	Cycling (Beth)	Kick Boxing (Jean)	Cycling (Steve)	
12:30-1:30	Cycling (Alison)	Monthly Seminars (Maria)	Yoga	Ballet	
1:30-2:30					
4:30 – 5:30	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*	P90X (dvd class) (no instructor)*

* Contact Diane Boudrot at (617) 918-1776 for program details.