



SHELBURNE
ATHLETIC CLUB

May 2022

Mon - Fri: 5:30 am – 7:30 pm

Weekends: 7:15 am – 3:00 pm

166 Athletic Drive, Shelburne 985-4410

		<i>Aerobics/Strength</i>	<i>Yoga</i>	<i>Spinning</i>	<i>Reformer Pilates (\$)</i>
Mon	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Phyllis	Reformer II/III w/ Gloria
	9:45 AM	Essentrics w/ Sherry			
	5:30 PM	HIIT It! w/ Rayne ^{MZ}			
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Morning Yoga w/ Darcie T		
	8:30 AM	CrossFit Breathe (in CrossFit space)			
	8:45 AM	HIIT It! w/ Rayne ^{MZ}			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
Wed	6:00 AM			Spinning w/ Claudia	
	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Jamie	
	9:45 AM	Essentrics w/ Sherry	Vinyasa Yoga w/ Karl		
	4:30 PM				Pilates Reformer I w/ Lissy
	5:30 PM	HIIT It! w/ Rayne ^{MZ}			
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM	Fit 4 Life w/ Ann			
	10:15 AM	Senior Strength and Mat Pilates w/ Phyllis			
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Gloria
Sat	8:00 AM			Spinning w/ Rayne	
	8:30 AM				Reformer Pilates w/ Lissy
	9:00 AM	Zumba w/ Lisa			
	9:15 AM		Vinyasa Yoga w/ Karl		
Sun	8:00 AM		Rise 'n Shine Yoga w/ Robina	All classes on this schedule included in SAC membership except for Reformer Pilates.	

MZ: These classes are specially designed to work with Myzone bands, encouraging participants to work out in predetermined heart rate zones. Myzone bands are highly recommended, but not required. They are available at the front desk.