



SHELBURNE
ATHLETIC CLUB

June 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/ Lissy
	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 Shedd		
	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			
	4:30 PM				Pilates Reformer I w/ Lissy
	5:30 PM				
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			
	5:30 PM	HIIT It! w/ Rayne ^{MZ} NEW NIGHT			
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Lissy
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	<i>All classes on this schedule included in SAC membership except for Reformer Pilates.</i>	

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.