



**SHELBURNE**  
ATHLETIC CLUB

# September 2022

Mon - Fri: 5:30 am – 7:00 pm

Weekends: 7:00 am – 1:00 pm

166 Athletic Drive, Shelburne 985--

		<i>Aerobics/Strength</i>	<i>Yoga</i>	<i>Spinning</i>	<i>Reformer Pilates (\$)</i>
<b>Mon</b>	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	Circuit Conditioning w/ Rayne <sup>MZ</sup>			
<b>Tues</b>	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	Circuit Conditioning w/Rayne <sup>MZ</sup>			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
<b>Wed</b>	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				
<b>Thurs</b>	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:45 AM	Fit 4 Life w/ Ann			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
<b>Fri</b>	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Lissy
<b>Sat</b>	8:00 AM			Spinning w/ Rayne	
	8:30 AM				
	9:00 AM	Zumba w/ Lisa			
	9:15 AM		Vinyassa Yoga w/Robina		
<b>Sun</b>	8:00 AM		Vinyasa Flow w/ Robina	<b>All classes on this schedule included in SAC membership except for Reformer Pilates.</b>	

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.