



SHELBURNE
ATHLETIC CLUB

166 Athletic Drive, Shelburne 985-4410

February 2023

Mon - Fri: 5:30 am – 7:00 pm

Weekends: 7:00 am – 1:00 pm

		Aerobics/Strength	Yoga	Spinning	Reformer Pilates (\$)
Mon	7:30 AM	Boot Camp w/ Jamie			
	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 ^{MZ}			
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Morning Yoga w/ Darcie Shedd		
	8:30 AM	CrossFit Breathe (in CrossFit space)			Reformer I w/ Kendra *NEW
	8:45 AM	Circuit Conditioning w/ Rayne ^{MZ}			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
	5:30 PM			Spinning w/ Julie	
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	Ski Conditioning w/ Shane			
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:30 AM				Reformer I w/ Kendra *NEW
	8:45 AM	Fit 4 Life w/ Ann			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
	5:30 PM	Mat Pilates w/ Kendra *NEW			
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	Hybrid w/ Kendra *NEW
	8:30 AM				
	9:00 AM	Zumba w/ Lisa			
	9:15 AM				
Sun	8:00 AM		Rise N' Shine w/ Connie	Spinning w/ Julie	

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.