



SHELBURNE
ATHLETIC CLUB

166 Athletic Drive, Shelburne 985-4410

May 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				
	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
	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
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:30 AM				Reformer I w/ Kendra
	8:45 AM	Fit 4 Life w/ Ann			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
	5:30 PM	Bootcamp w/ Rayne NEW			
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Lissy
Sat	8:00 AM	Hybrid w/ Kendra		Spinning w/ Rayne	
	8:30 AM				
	9:00 AM	Zumba w/ Lisa			
	9:15 AM				
Sun	8:00 AM		Rise N' Shine w/ Connie	Zen Spinning w/ Julie	