



November 2023

Mon - Fri: 5:30 am – 8:00 pm

Weekends: 7:00 am – 3:00 pm

166 Athletic Drive, Shelburne 985-4410

	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
	8:45 AM		Vinyasa Yoga w/ Brittany <i>*Held in Group Fitness*</i>	
	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)		
	8:45 AM	HIIT It 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		Pilates Reformer I w/ Lissy
	4:30 PM			
	5:30 PM	Ski Conditioning w/ Shane NEW!		
Thurs	6:00 AM		Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon	
	8:30 AM			
	8:45 AM	Fit 4 Life w/ Ann		Reformer I w/ Kendra
	10:15 AM	Strength and Mat Pilates w/ Phyllis		
	5:00 PM		Spinning w/ Ann NEW!	
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)	Spinning w/ Lindsay	
	8:45 AM			Reformer Fusion w/ Lissy
	5:30pm		Restorative Yoga w/ Brittany	
Sat	8:00 AM		Spinning w/ Rayne	
	8:30 AM			
	9:00 AM	Zumba w/ Lisa		
	9:15 AM		Morning Flow Yoga w/ Darcie Talbot	
Sun	8:00 AM		Rise N' Shine w/ Connie	Zen Spinning w/ Julie