

# SHELBURNE ATHLETIC CLUB

166 Athletic Drive, Shelburne 985-4410

## July 2024

Mon - Thurs: 5:30 am – 8:00 pm

Fri: 5:30 am - 7:00 pm

Weekends: 7:00 am – 3:00 pm

		Aerobics/Strength	Yoga	Spinning	Reformer Pilates (\$)
<b>Mon</b>	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Claudia	Reformer II/III w/ Lissy
	9:45 AM	Essentrics w/ Sherry			
	11:00 AM		Chair Yoga w/ Darcie Shedd		
	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		
	8:45 AM	HIIT It w/ Rayne <sup>MZ</sup>			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
	5:30 PM			Spinning w/ Julie	
<b>Wed</b>	6:00 AM			Spinning w/ Claudia	
	7:15 AM		Strike A Pose w/ Connie		
	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Jamie	
	9:45 AM	Essentrics w/ Sherry			
<b>Thurs</b>	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			
<b>Fri</b>	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Lissy
	5:30pm				
<b>Sat</b>	8:00 AM			Spinning w/ Rayne	
	9:00 AM	Zumba w/ Lisa			
	9:15 AM		Morning Flow Yoga w/ Rotating Instructors		
<b>Sun</b>	8:00 AM		Rise N' Shine w/ Connie	Zen Spinning w/ Julie	