

SHELBURNE ATHLETIC CLUB

166 Athletic Drive, Shelburne 985-4410

March 2026

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 (\$)
Mon	8:30 AM	CrossFit Breathe (in CrossFit space)	Spinning w/ Stuart	Reformer II/III w/ Lissy
	8:45 AM			
	9:45 AM	Essentrics w/ Sherry		
	10:00 AM	Chair Yoga w/ Darcie Shedd		
	5:30 PM	Circuit Conditioning w/ RayneMZ		
Tues	6:00 AM		Spinning w/ Rayne	Reformer II/III w/ Lissy
	7:30 AM	Flowing With Grace w/Darcie Shedd		
	8:45 AM	Circuit Conditioning w/ RayneMZ		
	10:15 AM	Strength and Mat Pilates w/ Phyllis		
	5:30 PM		Spinning w/ Julie	
Wed	6:00 AM		Spinning w/ Claudia	Reformer I w/ Kendra
	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		
	5:30 PM	Yoga Therapeutics		
Thurs	6:00 AM		Spinning w/ Lucy	Reformer I w/ Kendra
	7:30 AM	Mindful Yoga w/ Sharon/Darcie		
	8:30 AM			
	8:45 AM	Fit 4 Life w/ Ann		
	10:15 AM	Strength and Mat Pilates w/ Phyllis		
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)	Spinning w/ Lindsay	Reformer Fusion w/ Lissy
	8:45 AM			
	9:45 AM	Essentrics w/ Tracey		
	5:00 PM	Rewire Meditation		
Sat	8:00 AM		Spinning w/ Lucy	Reformer I w/ Kendra
	9:15 AM	Morning Flow Yoga w/ Mary		
Sun	8:00 AM	Rise N' Shine w/ Connie	Zen Spinning w/ Julie	

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