

SHELBURNE ATHLETIC CLUB

166 Athletic Drive, Shelburne 985-4410

September 2026

Mon - Thurs: 5:30 am – 8:00 pm

Fri: 5:30 am - 7:00 pm

Weekends: 7:00 am – 1:00 pm

Aerobics/Strength			Yoga	Spinning	Reformer Pilates (\$)	
Mon	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Stuart		
	8:45 AM					
	9:45 AM	Essentrics w/ Sherry				
	10:00 AM		Chair Yoga w/ Darcie Shedd			
	5:30 PM	Circuit Conditioning w/ Rayne				
Tues	6:00 AM			Spinning w/ Rayne		
	7:30 AM		Flowing With Grace w/ Darcie Shedd			Reformer 1.5 w/ Kendra
	8:45 AM	Circuit Conditioning w/ Rayne ^{MZ}				
	10:15 AM	Strength & Core w/ Phyllis				
	5:30 PM			Spinning w/ Julie		
Wed	6:00 AM			Spinning w/ Claudia		
	7:15 AM		Strike A Pose Yoga w/ Connie			Reformer 1 w/ Kendra *NEW* Starts 9/9
	8:30 AM	CrossFit Breathe (in CrossFit space)				
	8:45 AM					
	9:45 AM	Essentrics w/ Sherry				
	10:00 AM	Beginner Mat Pilates w/Kendra *NEW* Starts 9/9				
Thurs	6:00 AM			Spinning w/ Lucy		
	7:30 AM		Mindful Yoga w/ Darcie			Reformer 1.5 w/ Kendra
	8:30 AM					
	8:45 AM	Fit 4 Life w/ Ann				
	10:15 AM	Strength & Core w/ Phyllis				
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay		
	8:45 AM					
	9:45 AM	Essentrics w/Tracey *NEW* Starts 9/11				
	5:00 PM					
Sat	8:00 AM			Spinning w/ Rayne		
	9:15 AM		Morning Flow Yoga w/ Mary			
Sun	8:00 AM		Rise N' Shine w/ Connie	Sunday Zen Spin w/ Julie		