SHELBURNE ATHLETIC CLUB

166 Athletic Drive, Shelburne 985-4410

# November 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 | |
| | 8:45 AM | | | | **Refromer I/II w/ Lissy Starts 11/9 *NEW*** |
| | 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 | | |
| | 8:30 AM | | | | |
| | 8:45 AM | Circuit Conditioning w/ Rayne[MZ] | | | Reformer 1.5 w/ Kendra |
| | 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 | | |
| | 8:30 AM | CrossFit Breathe (in CrossFit space) | | **Spinning w/ Mary Jean *NEW*** | |
| | 8:45 AM | | | | Reformer 1 w/ Kendra |
| | 9:45 AM | Essentrics w/ Sherry | | | |
| | 10:00 AM | Beginner Mat Pilates w/Kendra | | | |
| | 5:30 PM | | **Yoga Therapeutics w/ Darcie *NEW*** | | |
| **Thurs** | 6:00 AM | | | Spinning w/ Lucy | |
| | 7:30 AM | | Mindful Yoga w/ Darcie | | |
| | 8:30 AM | | | | |
| | 8:45 AM | Fit 4 Life w/ Ann | | | Reformer 1.5 w/ Kendra |
| | 10:15 AM | Strength & Core w/ Phyllis | | | |
| | 5:30 PM | **Longevity Circuit Training w/ Tim *NEW*** | | | |
| **Fri** | 8:30 AM | CrossFit Breathe (in CrossFit space) | | Spinning w/ Lindsay | |
| | 8:45 AM | | | | **Refromer I/II w/ Lissy Starts 11/13 *NEW*** |
| | 9:45 AM | Essentrics w/Tracey | | | |
| | 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 | |