



# WAVERLEY OAKS

## ATHLETIC CLUB

### Group Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	CYCLE JOANIE	LesMILLS <b>BODYPUMP</b> AMY	CYCLE JOANIE	LesMILLS <b>BODYPUMP</b> SHANNON			
8:30 a.m.	TABATA CARA	PILATES MAT SANDRA	LesMILLS <b>BODYPUMP</b> DORY	CYCLE LERA	FIT FOR ALL TERI	7:30 a.m. KUNDALINI YOGA GURUATMA (90 MIN)	
9:30 a.m.	LesMILLS <b>BODYPUMP</b> JULIE	CARDIO MUSCLE TERI	ZUMBA DEB S. <small>FINEST</small>	CARDIO MUSCLE STEPHANIE	TABATA DIMITRA	8:00 a.m. CYCLE KARLEEN	8:00 a.m. CYCLE KARLEEN
9:30 a.m.		CYCLE LERA		PILATES MAT SANDRA	VINYASA YOGA ANGELA O.	8:15 a.m. LesMILLS <b>BODYCOMBAT</b> JESS	8:30 a.m. SUNRISE YOGA JOANIE
10:30 a.m.	BODY CONDITIONING (ME) KIM	BARRE BASICS (ME) KIM	BODY CONDITIONING (ME) TERI	GENTLE YOGA (ME) DEB D.	ZUMBA <small>gold</small> EXPRESS (ME) KIM	9:15 a.m. BODY SCULPT PIA	9:00 a.m. LesMILLS <b>BODYPUMP</b> JESS
11:00 a.m.					BODY CONDITIONING EXPRESS (ME) KIM	9:30 a.m. CYCLE SHEILA/MELISSA	9:30 a.m. CYCLE SHEILA/MELISSA
12:00 p.m.		CYCLE EXPRESS NANCY	PURE LIFT SCOTT (45MIN)	TABATA EXPRESS NANCY		10:30 a.m. ZUMBA DEB S. <small>FINEST</small>	10:00 a.m. LesMILLS <b>BODYCOMBAT</b> SHANNON
12:45 p.m.		TABATA EXPRESS NANCY		CYCLE EXPRESS NANCY		10:30 a.m. PILATES MAT PIA	10:30 a.m. POWER YOGA EMILY
4:30 p.m.		BALLEfit ELLEN					11:00 a.m. ZUMBA VIELKA <small>FINEST</small>
5:00 p.m.	BARRE SUE		PILATES MAT SUE				
5:30 p.m.	STRONG NICOLE <small>FINEST</small>	BODY SCULPT SCOTT	ZUMBA TIMORA <small>FINEST</small>	LesMILLS <b>BODYPUMP</b> JULIE			
6:00 p.m.	PILATES MAT SUE	POWER YOGA TALENE	BARRE SUE	VINYASA FLOW TALENE			
6:00 p.m.	CYCLE KEN		CYCLE SHEILA/MELISSA				
6:30 p.m.	LesMILLS <b>BODYPUMP</b> KRISTEN M.	ZUMBA BEN <small>FINEST</small>	LesMILLS <b>BODYPUMP</b> ZACK	TABATA SCOTT			
6:30 p.m.		CYCLE JOANIE		CYCLE KEN			
7:30 p.m.	GENTLE YOGA JACQUI		VINYASA FLOW ANGELA O.	GENTLE YOGA DEB D.			
7:30 p.m.	ZUMBA MARINA <small>FINEST</small>		STRONG VIELKA <small>FINEST</small>	ZUMBA ANGELA O. <small>FINEST</small>			

### Saturday

### Sunday

### Club Hours

Sunday & Saturday 7am - 8pm  
Monday - Thursday 5am - 11pm  
Friday 5am - 9pm

### Kids Club

Monday - Thursday  
8:30am - 1:30pm &  
4:00pm - 7:30pm  
Fridays 8:30am - 1:30pm  
Saturdays 8:00am - 1:00pm  
Sundays 8:30 - 12:30pm  
space is limited,  
reservations suggested  
Phone (781) 894-7010

For holiday and weather changes  
check the website:  
[www.waverleyoaks.com](http://www.waverleyoaks.com)

STUDIO 1 Cardio & Strength

STUDIO 2 Yoga, Pilates, Balle, Barre

STUDIO 4 CYCLE

EFFECTIVE: February 5th, 2018





