



GROUP FITNESS FOR ALL

MONDAY

TIME	CLASS	LOCATION	INSTRUCTOR
7:00 AM	GROUP POWER	Studio 5	MARGIE
9:00 AM	^{NEW!} SPIN	Studio 4	MEGHAN
9:30 AM	STOTT MAT PILATES	Studio 3	KAREN
10:00 AM	BOOT CAMP	Studio 2	SARAH GALANTE
12:00 PM	GOLDEN SNEAKERS	Studio 2	DODI
3:30 PM	EASTERN FLOW	Studio 3	CAROL
6:00 PM	ZUMBA	Broadway Stage / Downtown	ADRIANA
6:00 PM	AQUA SCULPT	Adult Pool	JASON
6:00 PM	^{NEW!} ABS & ARMS	Studio 2	SARAH GALANTE
6:00 PM	SPIN	Studio 4	SUE
6:30 PM	VINYASA YOGA	Studio 3	DAVID
7:00 PM	GROUP POWER	Studio 5	NICOLE

TUESDAY

6:00 AM	SPIN	Studio 4	GUY
7:00 AM	GROUP CENTERGY	Studio 3	MARGIE
9:00 AM	TRAIL MIX	Fitness Center	ROBBIE
9:00 AM	30-MINUTE ABS	Studio 2	GUY
9:30 AM	GROUP POWER	Studio 5	SARAH GOODWIN
9:30 AM	STEP INTERVAL	Studio 2	MICHELLE
10:45 AM	SIMPLY STRETCH	Studio 3	SARAH GOODWIN
11:00 AM	HYDROCISE	Adult Pool	GUY
5:15 PM	SIMPLY STRETCH	Studio 3	SARAH GALANTE
6:00 PM	1/2 hr. KICKBOXING	Studio 2	SARAH GALANTE
6:00 PM	GROUP CENTERGY	Studio 3	^{NEW!} JILL
6:30 PM	BASIC SPIN	Studio 4	MEGHAN
7:00 PM	STRIDE	Studio 3	SARAH GALANTE
7:00 PM	AQUA SCULPT	Adult Pool	JASON
7:00 PM	30-MINUTE ABS	Studio 5	DODI

WEDNESDAY

7:00 AM	GROUP POWER	Studio 5	MARGIE
9:00 AM	SPIN	Studio 4	SARAH GOODWIN
9:00 AM	BUTTS -N- GUTS	Studio 2	SARAH GALANTE
10:00 AM	POWER YOGA (advanced)	Studio 3	DAVID
11:00 AM	HYDROCISE	Adult Pool	GUY / JULIE
11:00 AM	MAT PILATES	Studio 3	DODI
12:00 PM	EASTERN FLOW	Studio 3	CAROL
6:00 PM	SPIN	Studio 4	STACEY
6:00 PM	GROUP POWER	Studio 5	^{NEW!} JILL
7:00 PM	ZUMBA	Broadway Stage / Downtown	ADRIANA
8:00 PM	MAT PILATES	Studio 3	ROBBIE

Classes are 60 minutes in length unless otherwise noted.
Please refer to class descriptions on reverse side.

UPDATED: 3/28/11

SPRING

THURSDAY

TIME	CLASS	LOCATION	INSTRUCTOR
6:00 AM	SPIN	Studio 4	KEVIN
7:00 AM	GROUP CENTERGY	Studio 3	STEPHANIE
9:00 AM	GENTLE YOGA	Studio 3	SANDI
9:00 AM	TRAIL MIX	Fitness Center	JASON
9:30 AM	GROUP POWER	Studio 5	MICHELLE
10:00 AM	GROUP CENTERGY	Studio 3	SARAH GOODWIN
10:30 AM	ABSOLUTE ARMS	Studio 2	SARAH GALANTE
11:00 AM	HYDROCISE	Adult Pool	CURTIS
6:00 PM	BUTTS -N- GUTS	Studio 2	STACEY
6:00 PM	STOTT MAT PILATES	Studio 3	KATE
6:00 PM	WATER AEROBICS	Adult Pool	CHRISTINA
6:15 PM	30-MINUTE SPIN	Studio 4	MEGHAN
7:00 PM	SPIN	Studio 4	AMY

FRIDAY

6:00 AM	BOOT CAMP	Studio 2	BOB
9:00 AM	30 - MINUTE ABS	Studio 2	SARAH GOODWIN
9:30 AM	SPIN	Studio 4	ROBBIE
9:30 AM	POWER YOGA (advanced)	Studio 3	MYRIAH
10:30 AM	STOTT MAT PILATES	Studio 3	ANNE-MARGARET
11:00 AM	HYDROCISE	Adult Pool	SARAH GOODWIN
5:30 PM	ABS EXPRESS & MORE	Studio 2	ROBBIE

SATURDAY

9:00 AM	SPIN	Studio 4	MARGOT / TOM
9:00 AM	CORE CONDITION & TONE	Studio 2	PENNY
9:00 AM	GROUP CENTERGY	Studio 3	MEGAN
10:00 AM	HATHA YOGA	Studio 3	PENNY
10:15 AM	GROUP POWER	Studio 5	SARAH GOODWIN
10:15 AM	ABS & ARMS	Studio 2	NICK
11:00 AM	AQUA SCULPT	Adult Pool	BRITTANIE
11:15 AM	YOGA FLOW	Studio 3	PENNY

SUNDAY

9:00 AM	SPIN	Studio 4	KEVIN
10:00 AM	POWER YOGA (advanced)	Studio 3	SKYE
11:00 AM	BUTTS-N- GUTS	Studio 2	SARAH GALANTE
12:00 PM	1/2 HR. BOXING	Studio 2	SARAH GALANTE

Effective Dates:

MARCH 28th 2011 - June 26th 2011

Subject to change without notice. All changes posted at our Group Fitness for All information center

WWW.DEDHAMHEALTH.COM

All classes included in membership
Must be 14 years old to participate