



# Group Exercise Schedule: NATICK

[www.longfellowclubs.com](http://www.longfellowclubs.com)

## February 2012 Group Exercise Studio



MON	TUE	WED	THU	FRI	SAT	SUN
8:30 - 9:30 am Muscle Condtnng Lisa	8:30-9:30am BodyPump Jodi	8:30 - 9:30 am Muscle Condtnng Lisa W	8:30-9:30am BodyPump Jodi	8:30 - 9:30 am Muscle Condtnng Paula	8:00 - 9:00am Muscle Condtnng Jean/Karen	8:30 - 9:30 am Step Jodi
9:15-10:00am Cardio Equipment Lisa F	9:15-10:0am Cardio Equipment Lisa F	9:15-10:00am Cardio Equipment Lisa F	9:15-10:00am Cardio Equipment Ann Marie	9:15-10:00am Cardio Equipment Lisa F	9:00-10:00am Cardio Blast Karen	9:30-10:30am BodyPump Jodi
9:30-10:45am Zumba/Abs Sandra	9:30-10:30am KickBox Christine	9:30-10:30am Zumba Sandra	9:30-10:30am Cardio Sculpt Christine	9:30-10:30am Zumba Andria	10:00-11:00am BodyPump Heidi	10:30-10:45am All Abs Galit
9:30-10:30 CardioCirciut-in small gym Christine	5:15-5:30pm All Abs Linda	3:00-3:35pm Stretch Combo Sharyn	5:30-6:15pm KickBox Heidi	10:30-10:45am All Abs Andria	11:00-12:00am Zumba Lidia	
3:00-3:35pm Stretch Combo Sharyn	5:30-6:30pm Zumba Linda	5:30-6:00pm Below the Belt Judy	6:15-7:15pm BodyPump Heidi			
5:30-5:45pm All Abs Laura	6:30-7:30pm BodyPump Heidi	6:00-7:00pm Step Judy	7:15-8:15pm Funky Groove Kelly			
6:00-7:00pm BodyPump Karen		7:00-8:00pm Zumba Sandra/Linda				
7:00-8:00pm Cardio Kick Karen						

## February 2012 Yoga & Pilates Studio

MON	TUE	WED	THU	FRI	SAT	SUN
8:00-9:15pm Yoga Stretch Karen	10:15-10:30am All Abs Lisa	9:00-10:00am Beginner Yoga Kim	10:15-10:30am All Abs Lisa	9:00-10:00am Beginner Yoga Nancy	9:15-10:30am Yoga Nancy	
				10:15-10:30am All Abs Paula		