



# The Longfellow Club

## Winter Group Exercise Schedule

www.longfellowclubs.com 522 Boston Post Road Wayland 508 358 7355



January 2 - February 19, 2012

MON	TUE	WED	THU	FRI	SAT	SUN
6:00-7:00am (2) <b>POWERPACING</b> Sharon	6:00-7:15am (1) <b>BARBELL</b> Teresa	6:00-7:00am (2) <b>POWERPACING</b> Jen D.	6:00-7:00am(1) <b>BARBELL</b> Stephanie		7:30 - 8:30 am (1) <b>BARBELL</b> Teresa	8:00 - 9:00 am (1) <b>MOVING MUSCLE</b> Stephanie
					8:30 - 9:30 am (2) <b>POWERPACING</b> Teresa/Ellen	8:00 - 9:00 am (2) <b>POWERPACING</b> Nance
8-8:45am (1) <b>Core Conditioning</b> Teresa	8:15-8:45am (2) <b>Core Conditioning</b> Teresa	8:15-8:45am (1) <b>Core Conditioning</b> Laura	8-8:45am (1) <b>Core Conditioning</b> Teresa	8:15-8:45am (2) <b>Core Conditioning</b> Laura	8:30-9:30am (1) <b>Aerobics/Zumba®</b> Sharon/Linda W.	9:00-10:00am (1) <b>STEP</b> Caroline
8:45-9:45am (1) <b>AEROBICS</b> Teresa	8:45-10am (1) <b>SCULPTING</b> Teresa	9-9:45am (1) <b>STEP</b> Barbara	8:45-10am (1) <b>BARBELL</b> Teresa	9-10am (2) <b>POWERPACING</b> Lisa	9:30-10:30am (1) <b>FUNKY GROOVE</b> Kelly	9:30-11am (2) <b>BOOT CAMP ADV.</b> Teresa
9:15-10:15am (1) <b>POWERPACING</b> Jen S.	9:30-10:30am (2) <b>ZUMBA®</b> Linda W.	9:15-10:15am (2) <b>POWERPACING</b> Ellen	9:30-10:30am (2) <b>STEP</b> Caroline	9:30-10:30am (1) <b>STEP INTERVAL</b> Caroline		10:00-11:00am (1) <b>FUNKY GROOVE</b> Kelly
9:45-10:45am (1) <b>ZUMBA®</b> Lidia		9:45-10:30am (1) <b>TAEROBICS</b> Barbara				11-12noon (2) <b>Stretch, Roll &amp; Sing</b> Teresa
4:30-5:30pm (2) <b>ZUMBA®</b> Linda W.		4:30-5:30pm (2) <b>LITE &amp; LOW</b> Sharon	4:30-5:30pm(2) <b>ZUMBA®</b> Ali	4:30-5:30pm (2) <b>CYCLE &amp; MUSCLE</b> Debbie		
5:30-6pm (2) <b>Core Conditioning</b> Kathy	5:30-6pm (2) <b>Core Conditioning</b> Teresa	5:30-6:00pm (2) <b>Core Conditioning</b> Teresa	5:30-6pm (2) <b>Core Conditioning</b> Kathy			
	6:00-7pm (2) <b>POWERPACING</b> Ellen	6-7pm (2) <b>BOOT CAMP</b> Teresa	6-7pm (2) <b>POWERPACING</b> Nance			
	6:15-7pm (1) <b>FUNKY GROOVE</b> Kelly Brice	6:15-7:15pm (1) <b>BARBELL</b> Debbie				