

# North Shore's Premier Health Club

## Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:35 RPM donny	5:30 - 6:30 BODYPUMP christine	5:45 - 6:35 RPM donny	5:45 - 6:45 BODYPUMP christine	5:45 - 6:35 RPM donny	7:40 - 8:30 RPM jay	
5:45 - 6:35 P.H.I.I.T. sarah l	6:15-7:00 TRX/Pilates Barre Fusion** heather		6:15-7:00 <b>TRX</b> heather	5:45-6:45 Cardio Fusion sarah l.	7:30-8:30 BODYPUMP lauren	
					8:30-9:25 H2 jacqui	
8:30-9:30 BODYPUMP beth	8:30-9:30 Cardio Barre** sarah l/sarah m	8:30-9:00 RPM EXPRESS nicole	8:30-9:30 BODYPUMP beth	9:00 - 9:30 CXWORX sarah l	8:30-9:15 <b>TRX</b> heather	8:30-9:20 RPM donny
9:30-10:20 RPM sarah l	9:35-10:35 Mat Pilates beth	9:00 - 9:30 CXWORX sarah l.	9:35-10:35 Booty Barre** kris	9:30-10:15 <b>TRX</b> angel	8:35-9:05 CXWORX sarah l.	8:30-9:30 Booty Barre** sarah l
9:35-10:35 Soul Body Barre weze		9:35-10:30 Yoga jane		9:35-10:25 RPM nicole	9:10-10:00 Mat Pilates sarah l	9:35-10:30 Yoga crista/carol
10:00-11:00 H2 sarah m.		10:00-11:00 H2 diane		9:35-10:35 P.H.I.I.T. sarah l	10:00-10:50 RPM nicole	10:35-11:35 ZUMBA alejandro
	12:00-12:30 RPM EXPRESS nicole		12:00-12:30 RPM EXPRESS nicole			
	12:30-1:00 CXWORX nicole		12:30-1:00 CXWORX nicole		<p><b>GROUP FITNESS</b> BEVERLY ATHLETIC CLUB</p> <p><b>FOR MORE INFO PLEASE EMAIL</b></p> <p><b>Beth Fielder</b> bfielder@beverlyathletic.com 978-927-0920 Ext: 23</p>	
4:00-4:45 <b>TRX</b> angel	4:00-4:55 Yoga carol		4:30-5:30 BODYPUMP lauren			
	5:00-5:55 ZUMBA alejandro					
5:00-6:00 BODYCOMBAT sarah m.	5:10-6:00 RPM nicole	5:15-6:00 P.A.C. heather	5:30-6:30 BODYCOMBAT sarah m.	5:00-6:00 Booty Barre** sarah m		
	6:00-6:30 CXWORX taylor		6:00-6:50 RPM jay	6:00-7:00 BODYPUMP nicole		
6:05-7:05 BODYPUMP lauren	6:30-7:30 H2 jacqui	6:05-7:05 BODYPUMP nicole	6:30-7:30 ZUMBA chris	<p><b>**BARRE &amp; TRX CLASSES</b></p> <p><b>BAC Passport Membership</b> - All classes in Yellow &amp; Green are FREE. Sign up Required</p> <p><b>BAC only Membership</b> - All classes in Yellow are FREE. Sign up Required</p> <p><b>BAC Express Membership</b> - All Barre classes are fee-based. Sign up Required</p>		
6:05-6:55 RPM sarah l	6:30-7:30 Booty Barre** liz/allison	6:30-7:00 RPM EXPRESS sarah l	6:35-7:30 H2 sarah m.			
7:10-8:00 Yoga jane		7:05-7:35 CXWORX nicole				
	*Classes shaded require advance sign up.					
	schedule effective 9/26/2018					

# BAC THANKSGIVING SCHEDULE

## Wednesday, November 21, 2018 - Thanksgiving Eve

5:00 am to 8:00 pm

5:00 pm - H.I.I.T. 45 - Special Class Time

Group Ex Schedule - 4:30 pm - BodyPUMP, 5:30 pm CXworx, 6:05 pm RPM

*Members have full access to BAC Express, located at 600 Cummings Center*

## Thursday, November 22, 2018 - Thanksgiving

7:00 am to 11:00 am

Youth Activity Center and Pool Closed for the day

7:10 am - H.I.I.T. 45

Group Ex Schedule - 8:00 am RPM, 8:30 am - TRX at BAC Express, 9:00 am BodyPUMP

*Members have full access to BAC Express, located at 600 Cummings Center*

## Friday, November 23, 2018 - Black Friday

Group Ex Schedule - All morning Group Fitness Classes Cancelled prior to 9:00 am and No Evening Classes

8:30 am - H.I.I.T. 30 - Normal Schedule

*Members have full access to BAC Express, located at 600 Cummings Center*

# YOUR COMMUNITY, YOUR CLUB !