

North Shore's Premier Health Club

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:20 SPINNING jen	5:30 - 6:30 LES MILLS BODYPUMP christine	5:45 - 6:35 LES MILLS RPM donny	5:30 - 6:30 LES MILLS BODYPUMP amanda	5:30 - 6:20 SPINNING jen	7:40 - 8:30 LES MILLS RPM jay	
5:45 - 6:30 P.H.I.I.T. sarah l	6:15-7:00 TRX/Pilates Barre Fusion** heather		6:15-7:00 TRX heather	5:45-6:45 Cardio Fusion sarah l.	7:30-8:30 LES MILLS BODYPUMP lauren	
					8:30-9:25 jacqui	
8:30-9:30 LES MILLS BODYPUMP beth	8:30-9:30 Cardio Barre** sarah m / weze	8:30-9:00 LES MILLS RPM EXPRESS nicole	8:30-9:30 LES MILLS BODYPUMP beth	9:00 - 9:30 LES MILLS CXWORX sarah l	8:30-9:15 TRX heather	8:30-9:20 LES MILLS RPM donny
9:30-10:20 LES MILLS RPM sarah l	9:35-10:35 Mat Pilates beth	9:00 - 9:30 LES MILLS CXWORX sarah l.	9:35-10:35 Booty Barre weze	9:30-10:15 TRX christine	8:35-9:05 LES MILLS CXWORX sarah l.	8:30-9:30 Booty Barre** staff
9:35-10:35 Soul Body Barre weze		9:35-10:30 Yoga jane		9:35-10:25 LES MILLS RPM nicole	9:10-10:00 Mat Pilates sarah l	9:35-10:30 Yoga crista / tracy
10:00-11:00 sarah m.		10:00-11:00 diane		9:35-10:35 P.H.I.I.T. sarah l	10:00-10:50 LES MILLS RPM nicole	10:35-11:35 aleks
	12:00-12:30 LES MILLS RPM EXPRESS nicole		12:00-12:30 LES MILLS RPM EXPRESS nicole			
	12:30-1:00 LES MILLS CXWORX nicole		12:30-1:00 LES MILLS CXWORX nicole		<p>GROUP FITNESS BEVERLY ATHLETIC CLUB</p> <p>FOR MORE INFO PLEASE EMAIL</p> <p>Beth Fielder bfielder@beverlyathletic.com 978-927-0920 Ext: 23</p>	
4:00-4:45 TRX nicole	4:00-4:55 Yoga carol		4:30-5:30 LES MILLS BODYPUMP lauren			
	5:00-5:55 alejandro					
5:00-6:00 LES MILLS BODYCOMBAT sarah m.	5:10-6:00 LES MILLS RPM nicole	5:15-6:00 P.A.C. heather	5:30-6:30 LES MILLS BODYCOMBAT sarah m.	5:00-6:00 Booty Barre** sarah m		
	6:00-6:30 LES MILLS CXWORX kim		6:00-6:50 LES MILLS RPM jay	6:00-7:00 LES MILLS BODYPUMP nicole		
6:05-7:05 LES MILLS BODYPUMP alejandro	6:30-7:30 jacqui	6:05-7:05 LES MILLS BODYPUMP nicole	6:30-7:30 alejandro	<p>**BARRE & TRX CLASSES</p> <p>BAC Passport Membership - All classes in Yellow & Green are FREE. Sign up Required</p> <p>BAC Express Membership - All Barre classes are fee-based. Sign up Required</p> <p> Indicates class location is BAC EXPRESS</p> <p> Indicates class location is BAC Main Club</p>		
6:05-6:55 LES MILLS RPM sarah l		6:30-7:00 LES MILLS RPM EXPRESS sarah l	6:35-7:30 sarah m.			
7:10-8:00 Yoga jane		7:05-7:35 LES MILLS CXWORX nicole				
	*Classes shaded require advance sign up.					
schedule effective 2/1/2020						

BEVERLY ATHLETIC CLUB

WWW.BEVERLYATHLETIC.COM 7 RESERVOIR ROAD • 978.927.0920 & CUMMINGS CENTER • 978.927.0921

FOLLOW US: