

# **Labor Day Weekend** **Hours and GX Schedule**

**Saturday, September 4<sup>th</sup> -7:00 AM-6:00 PM**

**7:30 a.m Kundalinie Yoga w/ Guruatma**

**9 a.m Group Cycle with Jim Swift**

**9 a.m. Body Sculpt with Sharon**

**10 a.m. Cardio Bootcamp with Sharon**

**Sunday, September 5<sup>th</sup> -7:00 AM-6:00 PM**

**8 a.m Zumba with Ana**

**9 a.m. Kick Camp with Jana**

**10 a.m Barbell Workout with Jana**

**11 a.m. Pilates with Rachel**

**Monday, September 6<sup>th</sup> -7:00 AM-6:00 PM**

**8:30 a.m. Group Cycle with Joanie**

**9:30 a.m. Pilates Mat with Sue**

**Have a Fun and Safe Holiday Weekend!**



# Summer 2010 Group Fitness Schedule

411 Waverley Oaks Rd., Waltham, MA 02452

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www.waverleyoaks.com

WEEKDAY CLASS SCHEDULE						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	
6:00 a.m.	Group Cycle <i>Joanie</i> 1	Serious Sculpt <i>Chrys</i> 1	Group Cycle <i>Laureen</i> 3	Barbell Workout <i>Rocky</i> 1	Group Cycle <i>Kim</i> 3	
8:30 a.m.	Fit for All <i>Teri</i> 1	PIYO® <i>Teri</i> 1	Cardio Remix <i>Juliet</i> 1	Zumba® <i>Cheryl</i> 1	YogaFit® <i>Laurie</i> 1	
9:30 a.m.	Pilates Mat <i>Sue</i> 1	Cardio Muscle <i>Teri</i> 1	Barbell Workout <i>Juliet</i> 1	Functional Strength <i>Chrys</i> 1	Kick, Groove & Pump <i>Laurie</i> 1	
10:30 a.m.					Abs & Assets <i>Laurie</i> 1	
4:30 p.m.		Pilates Mat <i>Rachel</i> 1	Body Sculpt <i>Sue</i> 1	Pilates Mat <i>Sue</i> 1		
5:00 p.m.					Express Muscle <i>Nancy</i> 1	
5:30 p.m.	Step Jam <i>Jana</i> 1	Barbell Workout <i>Laurie</i> 1	Dance Step <i>Laurie</i> 1	Kick-Box <i>Nancy</i> 1	Power Step <i>Nancy</i> 1	
5:30 p.m.	Group Cycle <i>Ken</i> 3		Group Cycle <i>Nancy</i> 3			
6:30 p.m.	Pilates Express <i>Jana</i> 1	Kick-Box <i>Laurie</i> 1	Hot Power Yoga + <i>Laurie</i> 1	Serious Sculpt <i>Chrys</i> 1		1
6:30 p.m.		Group Cycle <i>Susan</i> 3		Group Cycle <i>Ken</i> 3		
7:00 p.m.	Express Muscle <i>Jana</i> 1					
7:30 p.m.	Gentle Yoga <i>Jacqui</i> 1	Kundalini Yoga (60) <i>Patti</i> 1		Gentle Yoga <i>Deb</i> 1		

Studio 1: Main Studio  
Studio 2: Mind/Body Studio  
Studio 3: Cycling Studio  
B: Basketball Court

WEEKEND CLASS SCHEDULE			
Time	Saturday	Sunday	
7:30 a.m.	Kundalini Yoga <i>Guruatma</i> 1		
8:00 a.m.		Zumba® <i>Steven</i> 1	
9:00 a.m.	Group Cycle <i>Jimmy</i> 3	Group Cycle <i>Nancy</i> 3	
9:00 a.m.	Body Sculpt <i>Sharon D.</i> 1	Kick Camp <i>Jana</i> 1	
10:00 a.m.	Pure Step <i>Rocky</i> 1	Barbell Workout <i>Jana</i> 1	
11:00 a.m.	Dance Jam <i>Rocky</i> 1	Pilates Mat <i>Rachel</i> 1	

## Group Fitness Schedule

**Effective: June 21, 2010**

**See Reverse side for Class Descriptions**

Abs & Assets: 15 minutes  
Express Muscle: 30 minutes  
Hot Power Yoga +: 30 -90 minutes  
Hot Power Yoga: 30-60 minutes  
Kundalini Yoga: 90 minutes  
Kundalini Yoga (60): 60 minutes  
Pilates Express: 30 minutes  
All other classes: 60 minutes

Facility Hours:

Mon. - Thu. 5:15 a.m. - 11 p.m.

Fri. 5:15 a.m. - 9 p.m.

Sat. - Sun. 7 a.m. - 8 p.m.

Nursery Hours:

Mon - Fri 8 a.m. - 1 p.m.