



Group Fitness Schedule

411 Waverley Oaks Rd., Waltham, MA 02452

(781) 894-7010

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>Dimitra</i> 1	Group Cycle <i>Joanie</i> 3	Body Sculpt <i>Juliet</i> 1	Group Cycle <i>Kim</i> 3
8:30 a.m.	Fit for All <i>Teri</i> 1	Vinyasa Yoga <i>Dina</i> 1	Cardio Remix <i>Roz</i> 1	Zumba® <i>Cheryl</i> 1	Fit for All <i>Teri</i> 1
9:30 a.m.	Pilates Mat <i>Sue</i> 1	Cardio Muscle <i>Teri</i> 1	Serious Sculpt <i>Roz</i> 1	Pilates Mat <i>Steven</i> 1	Kick & Pump <i>CJ</i> 1
4:30 p.m.		BalleCore® <i>Laurie</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.	Sculpt-ilates Express <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		
6:00 p.m.	Dance Jam <i>Jana</i> 1				
6:30 p.m.		Kick Camp <i>Jana</i> 1	Hot Power Yoga + <i>Laurie</i> 1	Barbell Workout <i>Jana</i> 1	Vinyasa Yoga <i>Dina</i> 1
6:30 p.m.		Group Cycle <i>Laurie</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	

WEEKEND CLASS SCHEDULE		
Time	Saturday	Sunday
7:30 a.m.	Kundalini Yoga <i>Guruatma</i> 1	
8:00 a.m.		Power Yoga <i>Laurie</i> 1
9:00 a.m.	Group Cycle <i>Jim</i> 3	Group Cycle <i>Nancy</i> 3
9:00 a.m.	Body Sculpt <i>Sharon</i> 1	Serious Sculpt <i>Laurie</i> 1
10:00 a.m.	Pure Step <i>Sue</i> 1	Kick-Box <i>Laurie</i> 1
11:00 a.m.	Zumba® <i>Steven</i> 1	Pilates Mat <i>Rachel</i> 1

Group Fitness Schedule

Express Muscle: 30 minutes

Hot Power Yoga +: 30 -90 minutes

Kundalini Yoga: 90 minutes

Kundalini Yoga (60): 60 minutes

Sculpt-ilates Express: 30 minutes

All other classes: 60 minutes

Studio 1: Main Studio
Studio 2: Mind/Body Studio
Studio 3: Cycling Studio

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.
Sat. 10 a.m. - 2 p.m.