



MERRIMACK GROUP EXERCISE

FALL 2016 (UPDATED 9/6/16)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 Team Circuit Joy	6:00-6:45 Fitness Yoga Elizabeth		6:00-6:45 Fitness Yoga Elizabeth		7:00-7:55 Zumba Leslie	
8:30-9:15 Pilates Carol	8:30-9:10 Team Circuit Beth		8:30-9:10 Team Circuit Laurie	8:30-9:10 Kettlebell Circuit Amy	8:00-8:45 Kickbutta Cindy/Heather/ Jeannette	8:30-9:15 Zumba Toning Marji
9:30-10:30 Boot Camp Intervals Aga	9:15-10:30 Flow Yoga Jay/Terry	9:15-10:15 Step II Interval Kim	9:15-10:15 Zumba Jess	9:15-10:15 Hi-Lo Aerobics Kathie <hr/> 9:15-10:00 Endurance Barre Elizabeth (dance studio)	9:00-10:15 Step I/II Joy	9:15-10:15 Zumba Marji
10:30-11:30 Fitness Yoga Kim		10:30-11:30 Fitness Yoga Cheryl	10:30-11:30 Beginner Yoga/ Qi Gong Dennis	10:30-11:30 Fitness Yoga Kim	10:30-11:30 Fitness Yoga Rotate (See posted schedule)	10:30-11:30 Cardio Kickbox Cindy/Heather
12:00-12:45 Kettlebell Circuit Renee	12:00-1:00 Zumba Jessica	12:00-12:45 Muscle Mania Amy	12:00-1:00 Boot Camp Aga			
1:30-2:15 ZUMBA GOLD Jess	1:30-2:15 SilverSneakers® Diana *****		1:30-2:15 SilverSneakers® Diana *****	1:30-2:15 ZUMBA GOLD Jess		
4:30-5:25 Strength, Stretch and Tone Meredith	4:00-4:30 Kenpo Jujitsu 4-7year olds *****	3:00-4:00 Tai Ji Quan: Moving for Better Balance Diana	4:00-4:30 Kenpo Jujitsu 4-7year olds *****			
5:30-6:25 CSI (Cardio/Strength Intervals) Holly	5:30-6:30 RIPPED Laurie	4:15-5:15 Gentle Yoga Cathy		4:00-5:00 Zumba Leslie		
6:30-7:25 Fitness Yoga Idgy		6:00-6:55 Zumba Jess	6:00-6:55 Yoga	6:00-7:00 KickHIIT Cindy/Jeannette		
7:30-8:15 KickHIIT Cindy/Jeannette	7:00-7:55 Zumba Marji	7:00-8:00 Kickbutta Cindy/Heather	7:00-8:00 Zumba Deb			***** Registration Required. Please see program brochure