

Salem Fitness Center / Group Exercise Schedule: October 2018

SUNDAY		
8:00 – 9:00 am	Spinning*	Marcy
9:30 – 10:30	Muscle Conditioning	Shannon
10:30 – 11:30	Yoga	Marilyn
MONDAY		
8:30 – 9:30 am	Cardio Kick/Core Conditioning	Shari
8:30 – 9:30	Pump Spin*	Marcy
9:30 – 10:30	Pilates	Deb
4:15 – 5:00 pm	Muscle Conditioning	Kim
5:00 – 6:00	Pilates	Kim
6:30 – 7:30	Spinning*	Elysia
TUESDAY		
8:00 – 9:00 am	Muscle Conditionioing	Patti
9:00 – 10:00	Dance Fusion	Patti
10:00 – 11:00	Yoga Flow	Christina
5:00 – 5:45 pm	Cardio/Muscle Combo	Shannon
5:45 – 6:30	Spinning*	Marcy
6:00 – 6:45	Zumba	Sydney
WEDNESDAY		
8:00 – 9:00 am	Cross Training	Patti
8:30 – 9:15	Spinning*	Nadine
9:00 – 9:45	Zumba	Scarlett
10:00 – 10:45	Muscle Conditioning	Kim
4:30 – 5:15 pm	Muscle Conditioning	Janice
5:15 – 6:15	Zumba	Sydney
THURSDAY		
5:30 – 6:15 am	Steamy Spin	Marcy
7:00 – 8:00	Muscle Conditioning	Patt
8:00– 9:00	Dance Fusion	Patti
9:00 – 10:00	Yoga	Marilyn
FRIDAY		
8:00 – 9:00 am	Pilates	Shannon
9:00 – 10:00	Cardio Kick/Muscle Toning	Shari
6:00 – 7:00 pm	TGIF Yoga	Christina/ Marilyn
SATURDAY		
7:30 – 8:30 am	Spinning*	Sherry
8:30 – 9:30	Cardio Kick Boxing	Shari
9:30 – 10:30	Pilates	Shannon/Deb
10:30 – 11:30	Dance & Tone	Marcy

(*) Requires pre-class registration due to limited number of spin bikes