

# Salem Fitness Center Weekly Classes

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 AM					Steamy Spin (Marcy)		
7:00 AM					Muscle Conditioning (Patti)		
7:30 AM							Spinning (Sherry)
8:00 AM	Spinning (Marcy)		Muscle Conditioning (Patti)	Cross Training (Patti)	Dance Fusion (Patti)		
8:30 AM		Pump Spin (Marcy) & Cardio Kick Core (Shari)		Spinning (Nadine)		Cardio Kick/Muscle Tone (Shari)	Cardio Kick Boxing (Shari)
9:00 AM			Dance Fusion (Patti)	Step (Mike)	Yoga (Marilyn)		
9:30 AM	Muscle Conditioning (Shannon)	Pilates (Deb)				Pilates (Shannon)	Pilates (Shannon/Deb)
10:00 AM			Yoga Flow (Christina)	Muscle Conditioning (Kim)			
10:30 AM	Yoga (Marilyn)						Dance & Tone (Marcy)
4:15 PM		Muscle Conditioning (Kim)					
4:30 PM				Muscle Conditioning (Janice)			
5:00 PM		Pilates (Kim)					
5:15 PM				Zumba (Sydney)			

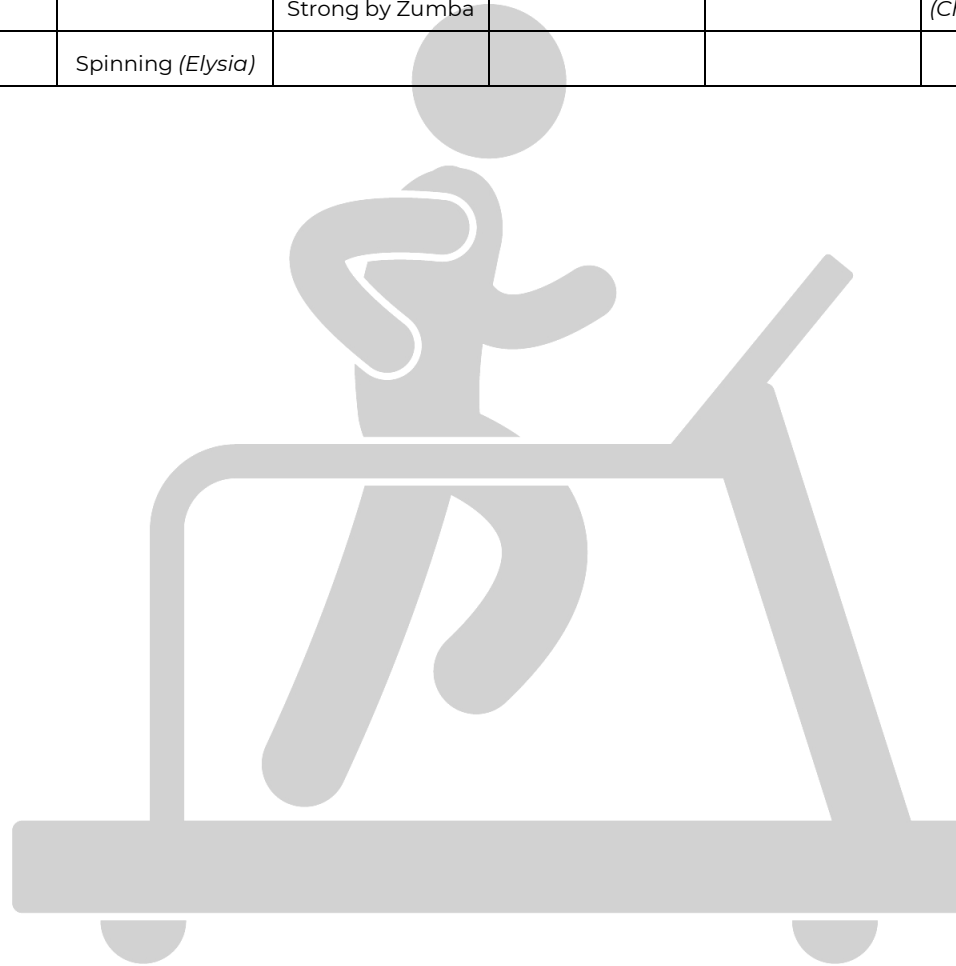
**Salem Fitness Center**

**38 Swampscott Road, Salem MA**

**(978)-745-4007**

# Salem Fitness Center Weekly Classes

5:45 PM			Spinning (Marcy)		Tabata (Mike)		
6:00 PM			Strong by Zumba			TGIF Yoga (Christina/Marilyn)	
6:30 PM		Spinning (Elysia)					



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