

Salem Fitness Center Weekly Classes

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30 AM				Kangoo Jumps* Intermediate 6:30-7:30			
8:00 AM	Spinning (Marcy) 8am-9am						
8:30 AM		Kangoo Jumps* Intermediate 8:30- 9:15am		Kango Jumps* Beginners intro 8:45			Cardio Kick Boxing (Shari) 8:30 – 9:30am
9:00 AM			Muscle Condition (Shannon) 9-10am	Kangoo Jumps* Intermediate 9:15-10:15am	Kangoo Jumps* Intermediate 9:15am	Yoga (Shannon) 9-10:15am	
9:30 AM		Pilates (Deb) 9:30-10:30					Kango Jumps* Beginners intro 9:45am
10:00 AM					Tabata Mike 10:30-11:15am		Kangoo Jumps* Intermediate 10:15-11:15am
12:00 PM						Pound Fit* (Amy) 12pm	
4:30 PM			Kangoo Jumps* Intermediate 4:30-5:30pm				
5:45 PM				Cardio Kickboxing (Shari) 5:45pm – 6:45pm			
6:00 PM			Spinning (Marcy) 6-6:45pm				
7:15 PM					Kangoo Jumps* Intermediate 7:15pm		

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38 Swampscott Road, Salem MA

(978)-745-4007

(*) is a fee class please see bostonjumps.com for fee schedule

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