




# Summer Group Fitness Schedule

## Studio 2

Revised 7/20/10

*Studio 1 classes on reverse side.*

**Effective: 7/26/10 - 9/5/10**

MON	TUES	WED	THUR	FRI	SAT	SUN	
				5:45-6:45 <b>Sunrise Yoga</b> All Levels Kirstii			
		8:05-9:00  GROUP CENTERGY™ Katrina			8:00-9:00 <b>Yoga</b> All Levels Rachael	9:05-9:55 <b>Pilates</b> Katrina	
9:15-10:00 <b>Functional Strength</b> Kelley	9:00-9:45 <b>SilverSneakers®</b> Cardio Circuit Mary Beth	9:15-10:00 <b>Functional Strength</b> Jodi	9:00-9:45 <b>SilverSneakers®</b> Cardio Circuit Anne	9:05-10:05 <b>Yoga</b> All Levels Debbie	 GROUP CENTERGY™ Kelley		
	10:05-11:05 <b>Yoga</b> All Levels Mary Beth		10:05-11:05 <b>Yoga</b> All Levels Rachael	10:10-11:10 <b>Yin Yoga</b> All Levels Debbie	10:10-11:00 <b>Boxing &amp; Heavy Bag Drills</b> Jeremiah/Mona		
10:05-10:55 <b>Strength Training</b> Forever Fit Katrina		10:05-10:55 <b>Strength Training</b> Forever Fit Jodi		10:15-11:15 <b>ECHN PostNatal**</b>	 The SilverSneakers® & Forever Fit classes are geared towards our older adult members; however, all ages are welcome. Great for the beginner exerciser.  <b>**/Contact Manchester Memorial Hospital for information &amp; session dates.</b>		
11:00-12:00 <b>Yoga</b> All Levels Rachael	11:05-12:05 <b>Tap</b> Darlene	11:00-12:00 <b>Yoga</b> All Levels Maryann	11:15-12:15 <b>Tap</b> Darlene				<i>Pilates Studio or Studio 1</i>
12:45-1:30 <b>SilverSneakers®</b> Muscular Strength Barbara		12:45-1:30 <b>SilverSneakers®</b> Muscular Strength Barbara					
	4:45-5:30 <b>Functional Strength</b> Linda		4:30-5:15 <b>Functional Strength</b> Denise				
6:15-7:00 <b>Pilates</b> Marie		6:20-7:20 <b>Yoga</b> All Levels Rachael					
7:00-8:00 <b>Yoga</b> All Levels Vicky	6:35-8:00 <b>ECHN Prenatal**</b>		6:30-8:00 <b>ECHN Prenatal**</b>				

**COURT HOUSE PLUS**  
**Fitness & Wellness Center**

(860) 649-0597

[www.courthouseplus.com](http://www.courthouseplus.com)

*Schedule Group Fitness Winter 07 new format*

**PLEASE NOTE:** class participation is on a first-come, first served basis unless sign up is required.