



Winter Studio Schedule 2018

200 High Point Ave | Portsmouth, RI | 401-683-6033

Time	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.	Sun.
6:00AM		Spinning w/ <u>Chris</u>		Spinning w/ <u>Chris</u>			
7:00AM						Kettlebells w/ <u>Rebecca</u>	
7:45AM						30min. ab-attack w/ <u>Heather</u>	
8:00AM	AOA "Active Older Adult Class" w/ <u>Moira</u>			AOA "Active Older Adult Class" w/ <u>Moira</u>	Gentle- Yoga w/ <u>Beth</u>	Strength- n-Stretch w/ <u>Moira</u>	Spinning w/ <u>Chris</u> or <u>Karen</u>
9:00AM	Power Hour w/ <u>Jody</u>	Total Body Strength & Cardio w/ <u>Jody</u>	Zumba w/ <u>Jeff</u>				
9:15AM				Senior Strong w/ <u>Moira</u>	Total Body Strength & Cardio w/ <u>Jody</u>		
10:15AM	Senior Strong w/ <u>Moira</u>						
4:30PM				Fall Sculpt w/ <u>Rebecca</u>			
5:00PM			Pilates w/ <u>Bernadette</u>				
5:15PM			Spinning w/ <u>Kateri</u>				
5:30PM	Spinning w/ <u>Chris</u>	Yoga w/ <u>Sharon</u>			Spinning w/ <u>Chris</u>		
6:00PM			Yoga for Stiff Guys W/ <u>Sharon</u>				

Monday -Friday 5:30am – 9:00pm

Saturday 6:00am – 3:00pm

Sunday 7:00am – 3:00pm

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