

WINTER**2018**

effective 12.18



GROUP EXERCISE SCHEDULE

boston athletic club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
S 6:00am Schwinn Cycle Josh	S 6:00am Schwinn Express Erin (45 min)	S 6:00am Schwinn Express Lauren (45 min)	S 6:00am Schwinn Cycle Terry	S 6:00am Schwinn Cycle Josh	P 8:00am Water Workout Lori	S 9:00am Schwinn Express Chrissy (45 min)
G 6:00am Interval SR Janine	G 6:00am Tabata Cardio Sarah	G 6:00am GROUPPOWER Jeremy	G 6:00am CIRCUIT TRAINING Rita	M 6:00am Barre Core Strength Dorothy	M 8:30am Vinyasa Flow Forrest	M 10:00am Barre Workout Dorothy
G 8:30am Forever Fit Rhea	M 6:00am Rise & Shine Yoga Amy	G 8:30am Forever Fit Sarah	M 6:00am Rise & Shine Yoga Patti	M 8:30am Forever Barre Dorothy	S 8:30am Schwinn Cycle Chrissy/Britt	
P 9:30am Forever Fit AQUA Lori	P 6:00am Swim Club Terry	P 9:30am Forever Fit AQUA Lori	G 8:30am Forever STRONG Rhea	P 9:30am Forever Fit AQUA Maryellen	G 8:30am GROUPPOWER Erica	
G 10:00am Total Body Workout Rhea	S 7:00am Schwinn/Barre Fusion M Amy	G 10:00am Total Body Workout Sarah	P 9:30am Forever Fit AQUA Lori	G 9:30am HIITLISS Sarah	G 9:30am GROUP FIGHT Caitlin	
S 11:15am Schwinn Express Rhea (45 min)	M 8:30am Forever Barre Lori	S 11:15am Schwinn Express Janine (45 min)	S 9:30am Schwinn Express Rita (45 min)	G 4:30pm GROUPPOWER Caitlin	S 9:45am Schwinn Express Chrissy/Britt (45 min)	
M 5:30pm Vinyasa Flow Kristin	M 10:30am Vinyasa Flow Terry	M 5:30pm Vinyasa Flow Coe	M 10:30am Yin Yoga Terry	S 5:30pm Schwinn/Barre Fusion M Amy	G 10:30am Core Fit Caitlin (30 min)	
G 5:30pm GROUPPOWER Amy	S 4:30pm Schwinn Express Janine (45 min)	G 5:30pm Hip Hop Cardio Caitlin	G 5:00pm Core Fit Caitlin (30 min)			
G 6:30pm Tabata Cardio Caitlin	M 5:30pm Vinyasa Flow Patti	S 5:30pm Schwinn Express Jeff (45 min)	G 5:30pm Tabata Cardio Caitlin			
S 6:30pm Schwinn Express Kristin (45 min)	G 5:30pm Super CIRCUIT Janine (50 min)	G 6:30pm GROUPPOWER Amy	S 5:45pm Schwinn Express Jeff (45 min)			
M 6:30pm Pilates Amy	S 5:30pm Schwinn Express Chrissy (45 min)		M 6:30pm Barre Workout Amy			
	G 6:30pm GROUP FIGHT Caitlin					

VIRTUAL

Virtual Classes can be played on the TV wall in our Main Studio or stream them directly on your phone!

Pre-scheduled virtual classes run automatically, or choose your own video whenever you're at the BAC!

Sign up is not required for Virtual Classes, just show up!

Studio Guide
G Group Exercise Main Studio 1st Floor
S Schwinn Cycle Studio 2nd Floor
M Mind/Body Studio 2nd Floor
P Pool

CLUB HOURS

Monday - Thursday
5:30 AM - 11 PM

Friday
5:30 AM - 9 PM

Saturday & Sunday
7 AM - 7 PM

SIGN UP ONLINE up to 1 day in advance www.MemberSelfService.com/500110
CHECK IN FOR CLASS at the Front Desk upon arrival
UNENROLL ONLINE if you can't make it

WEEKLY SUBS AND HOLIDAY SCHEDULES:
www.bostonathleticclub.com/weekly-changes/