

WINTER**2019**

effective 2.14



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 Ashley (45 min)
G 6:00am Interval SR Janine	G 6:00am Tabata Cardio Sarah	G 6:00am Total Body Workout Valerie	G 6:00am CIRCUIT TRAINING Alison	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	G 10:00am ZUMBA Kim
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 Josh (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 Ashley (45 min)	G 5:30pm Tabata Cardio Caitlin			
S 6:30pm Schwinn Express Kristin (45 min)	G 5:30pm Super CIRCUIT Valerie (50 min)	G 6:30pm GROUPPOWER Amy	S 5:30pm Schwinn Express Jeff (45 min)			
M 6:30pm Pilates Amy	S 5:30pm Schwinn Express Chrissy (45 min)		M 6:30pm Vinyasa Flow Kristin			
	G 6:30pm GROUP FIGHT Caitlin					



VIRTUAL CLASSES

Virtual Classes can be played on the TV wall in our Main Studio or stream them directly on your phone any time you're in 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/

GROUP EXERCISE MANAGER: CAITLIN MONAGHAN
email: cmonaghan@bostonathleticclub.com

www.bostonathleticclub.com
617.269.4300