

**SPRING**

**2019**

effective 3.8



# GROUP EXERCISE SCHEDULE

boston athletic club

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>S</b> 6:00am <b>Schwinn Cycle</b> Josh	<b>S</b> 6:00am <b>Schwinn Express</b> Erin (45 min)	<b>S</b> 6:00am <b>Schwinn Express</b> Lauren (45 min)	<b>S</b> 6:00am <b>Schwinn Cycle</b> Terry	<b>S</b> 6:00am <b>Schwinn Cycle</b> Josh	<b>P</b> 8:00am <b>Water Workout</b> Lori	<b>S</b> 9:00am <b>Schwinn Express</b> Ashley (45 min)
<b>G</b> 6:00am <b>Interval SR</b> Janine	<b>G</b> 6:00am <b>Tabata Cardio</b> Sarah	<b>G</b> 6:00am <b>Total Body Workout</b> Valerie	<b>G</b> 6:00am <b>CIRCUIT TRAINING</b> Alison	<b>M</b> 6:00am <b>Barre Workout</b> Margo	<b>M</b> 8:30am <b>Vinyasa Flow</b> Forrest	<b>M</b> 10:00am <b>Barre Workout</b> Louisa
<b>G</b> 8:30am <b>Forever Fit</b> Rhea	<b>M</b> 6:00am <b>Rise &amp; Shine Yoga</b> Amy	<b>G</b> 8:30am <b>Forever Fit</b> Sarah	<b>M</b> 6:00am <b>Rise &amp; Shine Yoga</b> Patti	<b>M</b> 8:30am <b>Forever Barre</b> Lori	<b>S</b> 8:30am <b>Schwinn Cycle</b> Chrissy/Britt	<b>G</b> 10:00am <b>ZUMBA</b> Kim
<b>P</b> 9:30am <b>Forever Fit AQUA</b> Lori	<b>P</b> 6:00am <b>Swim Club</b> Terry	<b>P</b> 9:30am <b>Forever Fit AQUA</b> Lori	<b>G</b> 8:30am <b>Forever STRONG</b> Rhea	<b>P</b> 9:30am <b>Forever Fit AQUA</b> Maryellen	<b>G</b> 8:30am <b>GROUPPOWER</b> Erica	
<b>G</b> 10:00am <b>Total Body Workout</b> Rhea	<b>S</b> 7:00am <b>Schwinn/Barre Fusion</b> Amy	<b>G</b> 10:00am <b>Total Body Workout</b> Sarah	<b>P</b> 9:30am <b>Forever Fit AQUA</b> Lori	<b>G</b> 9:30am <b>HIITLISS</b> Sarah	<b>G</b> 9:30am <b>GROUP FIGHT</b> Caitlin	
<b>S</b> 11:15am <b>Schwinn Express</b> Rhea (45 min)	<b>M</b> 8:30am <b>Forever Barre</b> Lori	<b>S</b> 11:15am <b>Schwinn Express</b> Janine (45 min)	<b>S</b> 9:30am <b>Schwinn Express</b> Josh (45 min)	<b>G</b> 4:30pm <b>GROUPPOWER</b> Caitlin	<b>S</b> 9:45am <b>Schwinn Express</b> Chrissy/Britt (45 min)	
<b>M</b> 5:30pm <b>Vinyasa Flow</b> Kristin	<b>M</b> 10:30am <b>Vinyasa Flow</b> Terry	<b>M</b> 5:30pm <b>Vinyasa Flow</b> Coe	<b>M</b> 10:30am <b>Yin Yoga</b> Terry	<b>S</b> 5:30pm <b>Schwinn/Barre Fusion</b> Amy	<b>G</b> 10:30am <b>Core Fit</b> Caitlin (30 min)	
<b>G</b> 5:30pm <b>GROUPPOWER</b> Amy	<b>S</b> 4:30pm <b>Schwinn Express</b> Janine (45 min)	<b>G</b> 5:30pm <b>Hip Hop Cardio</b> Caitlin	<b>G</b> 5:00pm <b>Core Fit</b> Caitlin (30 min)			
<b>G</b> 6:30pm <b>Tabata Cardio</b> Caitlin	<b>M</b> 5:30pm <b>Vinyasa Flow</b> Patti	<b>S</b> 5:30pm <b>Schwinn Express</b> Ashley (45 min)	<b>G</b> 5:30pm <b>Tabata Cardio</b> Caitlin			
<b>S</b> 6:30pm <b>Schwinn Express</b> Kristin (45 min)	<b>G</b> 5:30pm <b>Super CIRCUIT</b> Valerie (50 min)	<b>G</b> 6:30pm <b>GROUPPOWER</b> Amy	<b>S</b> 5:30pm <b>Schwinn Express</b> Jeff (45 min)			
<b>M</b> 6:30pm <b>Pilates</b> Amy	<b>S</b> 5:30pm <b>Schwinn Express</b> Chrissy (45 min)		<b>M</b> 6:30pm <b>Vinyasa Flow</b> Kristin			
	<b>G</b> 6:30pm <b>GROUP FIGHT</b> 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
<b>G</b> Group Exercise Main Studio 1st Floor
<b>S</b> Schwinn Cycle Studio 2nd Floor
<b>M</b> Mind/Body Studio 2nd Floor
<b>P</b> 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](http://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/](http://www.bostonathleticclub.com/weekly-changes/)