


































Beverly Athletic Club Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
EARLY MORNING	5:15-6:15  ryann/jen		5:15-6:15  diane						
	6:00- 7:00  diane k	6:00-7:00 fitness yoga nancy	6:00- 7:00  heather	6:00- 7:00  team	6:00- 7:00  heather	8:00-9:00  jay			
MID MORNING	8:30-9:30  nicole	8:30-9:30  team	8:30-9:30  beth	8:30-9:30  nicole	8:30-9:30 DYNAMIC CORE kiki	8:15-9:15  beth/kiki	8:30-9:30  ryann		
	10:00-11:00  nicole	10:00-11:00 yoga fit kiki	10:00-11:00  diane	10:00-11:00 yoga fit kiki	9:30-10:30  jen	9:30-10:15 mat pilates kiki	9:30-10:30 hatha yoga sian		
	10:00-11:00 AQUa sarah					10:00-11:00  diane	10:30-11:30 power yoga whitney		
AFTERNOON						10:30-11:30  team			
			12:00-1:00 fitness yoga nancy		12:00-1:00  tracy				
	4:15-5:15  paula	4:15-5:15  jen	4:15-5:15  taylor	4:15-5:15 yoga fit erika					
EVENING	5:30-6:30  team	5:30-6:30  tracy	5:30-6:30  nicole	5:30-6:15 mat pilates kiki	5:30-6:30  nicole	 FEE BASED DANCE CLASSES N/A <i>Wednesday</i> 10:00 -am 11:00am fee based			
	6:00-7:00  jay	6:30-7:30 AQUa sarah	5:30-6:30  tracy	6:30-7:30  jacqui				latin dance <i>Monday Evenings</i> 7:45 pm - 8:45 pm fee based	
	6:30-7:30  beth/kiki	6:30-7:30 DYNAMIC CORE KIKI	6:30-7:30  team	6:30-7:30  kiki/beth					
				7:30-8:30 yoga fit anne					

Kiki Hanson, Group Exercise/Wellness Director kiki@beverlyfitness.com

schedule effective feb 8, 2010