















## Beverly Athletic Club Group Fitness Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday								
EARLY MORNING	5:15-6:15  <i>ryann</i>	5:15-6:15  <i>diane k</i>		5:15-6:15  <i>david</i>	5:15-6:15  <i>diane k</i>	8:00-9:00  <i>jay</i>	8:30-9:30  <i>jay</i>								
	6:00- 7:00  <i>diane k</i>		6:00- 7:00  <i>ryann</i>	6:00- 7:00  <i>kiki</i>	6:00- 7:00  <i>david</i>										
MID MORNING	8:30-9:30  <i>kiki</i>	8:30-9:30  <i>noel</i>	8:30-9:30  <i>kiki</i>	8:30-9:30  <i>nicole</i>	8:30-9:30 yoga Core <i>kiki</i>	8:15-9:15  <i>kiki/beth</i>	9:30-10:30 fitness yoga <i>nancy</i>								
	10:00-11:00 aqua <i>sarah</i>	10:00-11:00 yoga fit <i>kiki</i>	10:00-11:00 aqua <i>diane</i>	10:00-11:00 yoga fit <i>kiki</i>	10:00-11:00  <i>tracy</i>	9:30-10:15 mat pilates <i>kiki</i>									
						10:00-11:00  <i>diane</i>									
AFTERNOON	12:00-12:15 abs blast <i>noel</i>	12:00-12:15 abs blast <i>paula</i>	12:00-12:15 abs blast <i>nancy</i>	12:00-12:15 abs blast <i>beth</i>		11:00 - 12:00  <i>heather</i>									
	12:15-1:00  <i>noel</i>	12:15-1:00  <i>paula</i>	12:15-1:00 fitness yoga <i>nancy</i>	12:15-1:00  <i>beth</i>											
	4:00-5:00  <i>paula</i>		4:00-5:00  <i>jacqui</i>												
EVENING	5:30-6:25 Cardio Kick <i>kimberly</i>	5:30-6:30  <i>nicole</i>	5:30-6:30  <i>tracy</i>	5:30-6:15 mat pilates <i>kiki</i>	5:30-6:30  <i>nicole</i>	 <b>BEVERLY ATHLETIC CLUB</b> 7 RESERVOIR ROAD CUMMINGS CENTER (978) 927-0920 (978) 927-0921 <a href="http://WWW.BEVERLYATHLETIC.COM">WWW.BEVERLYATHLETIC.COM</a>									
	6:00-7:00  <i>nicole</i>	5:30-6:30  <i>jacqui</i>													
	6:30-7:30  <i>beth</i>	 <i>beth</i>	6:30-7:30  <i>beth</i>	6:30-7:30  <i>heather</i>	6:35-7:35  <i>danielle</i>	<b>FEE BASED DANCE CLASSES</b>  <table border="0"> <tr> <td style="text-align: center;"><b>nia</b></td> <td style="text-align: center;"><b>latin dance</b></td> </tr> <tr> <td style="text-align: center;"><i>Mon. + Wed.</i></td> <td style="text-align: center;"><i>Monday Evenings</i></td> </tr> <tr> <td style="text-align: center;"><i>10:30 am - 11:30 am</i></td> <td style="text-align: center;"><i>7:45 pm - 8:45 pm</i></td> </tr> <tr> <td style="text-align: center;"><i>Fri. 12:15 pm- 1:15 pm</i></td> <td></td> </tr> </table>		<b>nia</b>	<b>latin dance</b>	<i>Mon. + Wed.</i>	<i>Monday Evenings</i>	<i>10:30 am - 11:30 am</i>	<i>7:45 pm - 8:45 pm</i>	<i>Fri. 12:15 pm- 1:15 pm</i>	
	<b>nia</b>	<b>latin dance</b>													
<i>Mon. + Wed.</i>	<i>Monday Evenings</i>														
<i>10:30 am - 11:30 am</i>	<i>7:45 pm - 8:45 pm</i>														
<i>Fri. 12:15 pm- 1:15 pm</i>															
	6:35-7:30 yoga fit <i>kiki</i>		6:30-7:30 Boxing <i>squash court</i>												

*Schedule effective Monday, March 30, 2009*

For more information about classes, schedule or studios,  
please contact Director, Kiki Hanson at [kiki@beverlyfitness.com](mailto:kiki@beverlyfitness.com) or (978) 927-0920 ext. 11