



Healthy Living Schedule

Summer / June 23rd - August 23rd

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge w/Meagan	5:30-6:30AM Aqua Fitness Pool	5:30-6:30AM Total Body Challenge w/Meagan	
8:00-8:45AM Aerobics for All Tagliabue		8:00-8:45AM Aerobics for All Tagliabue		8:00-8:45AM Aerobics for All Tagliabue	
8:00-8:45AM Aqua Aerobics Pool		8:00-8:45 AM Aqua Aerobics Pool		8:00-8:45 AM Aqua Aerobics Pool	
8:00-8:45AM Cycle Snider w/ Lauren	8:00-8:45AM Cycle Snider w/Lolly		8:00-8:45AM Cycle Snider w/Caroline	8:00-8:45AM Cycle Snider w/Janice	8:15-9:00AM Cycle Snider w/Abby
8:00-9:00AM Zumba Studio w/Monica			8:00-9:00AM Zumba Tagliabue w/Sarah		8:30-9:30AM Zumba Tagliabue w/Sarah & Monica
9:15-10:30AM Yoga Tagliabue w/Karen	9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori	9:15-10:30AM Yoga Tagliabue w/Romee	9:00-10:15AM Pilates / Yoga Stretch Studio w/Lori	9:15-10:30AM Yoga Tagliabue w/Karen	9:45-10:30AM Strength & Stretch Tagliabue w/Abby
9:15-10:00AM Strength & Circuits Studio w/ Janice	9:15-10:00AM Boothbay Bootcamp Gym w/ Catherine	9:15-10:00AM TRX Pilates Studio w/ Lauren \$FEE (6/25-8/6)	9:15-10:00AM Boothbay Bootcamp Gym w/ Catherine		
	9:30-10:15AM Enhance Fitness Tagliabue w/Lolly		9:30-10:15AM Enhance Fitness Tagliabue w/Lolly	9:30-10:15AM Sit and Stretch Studio w/Lolly	
	10:30-11:30AM Boxing for Parkinson's Studio w/ Catherine & Caroline		10:30-11:30AM Boxing for Parkinson's Studio w/ Catherine & Robin		
PM CLASSES					
5:15-6:00PM Absolute Strength Tagliabue w/ Alaina		5:15-6:00PM Cycle Snider w/ Abby	5:15-6:00PM Absolute Strength Tagliabue w/ Alaina		
Room Key					
POOL	FEE BASED	Tagliabue Studio (Upstairs)	Snider Spin Studio	Downstairs Studio	
Facility Hours: Monday-Thursday 5:30am-8:00pm Friday 5:30am-7:00pm Saturday 7:00am-5:00pm					