



Healthy Living Schedule

Winter I / January 6th - March 1st

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 w/Maura	8:00-8:45AM Cycle Snider w/Alaina	8:00-8:45AM Aerobics for All Tagliabue w/Erin	8:00-8:45AM Cycle Snider w/Caroline	8:00-8:45AM Aerobics for All Tagliabue w/Caroline	
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/Abby
8:00-9:00AM Zumba Studio w/ Sarah			8:00-9:00AM Zumba Tagliabue w/Sarah		8:30-9:30AM Zumba Tagliabue w/ Sarah
8:00-8:45AM Cycle Snider w/ Lauren	9:00-10:00AM Pilates / Yoga Stretch Studio w/Lori		9:00-10:00AM Pilates / Yoga Stretch Studio w/Lori		9:00-9:45AM Learn to Lift w/Lauren (1/11-2/15) \$FEE
8:50-9:30AM Aqua Stretch & Balance Pool \$FEE	9:30-10:15AM Enhance Fitness Tagliabue w/Abby	8:50-9:30AM Aqua Stretch & Balance Pool \$FEE	9:30-10:15AM Enhance Fitness Tagliabue w/Abby	9:15-10:30AM Yoga Tagliabue w/Karen	
9:15-10:30AM Yoga Tagliabue w/Romee	10:15-10:45AM AeroDance Studio w/Lori	9:15-10:30AM Yoga Tagliabue w/Romee	10:15-10:45AM AeroDance Studio w/Lori	9:30-10:15AM Sit and Stretch Winslow Community Room	9:30-10:15AM Strength & Stretch Studio w/Abby
PM CLASSES					
3:45-4:45PM Zumba Tagliabue w/ Julie	3:45-4:30PM HIIT Bootcamp Tagliabue w/ Caroline		3:45-4:30PM HIIT Bootcamp Tagliabue w/ Alaina		
4:30-5:15PM Small Group Training Studio w/ Amber (1/6-1/30) \$FEE			4:30-5:15PM Small Group Training Studio w/ Amber (1/8-1/30) \$FEE		
5:15-6:00PM Aqua Bootcamp Pool w/Erin (1/6-2/10) \$FEE			5:15-6:00PM Aqua Bootcamp Pool w/Erin (1/9-2/13) \$FEE		
5:15-6:00PM Absolute Strength Tagliabue w/ Alaina	5:30-6:15PM Cycle Bootcamp w/ Lauren Snider (1/7-2/11) \$FEE	5:15-6:00PM Cycle Snider w/ Abby	5:30-6:15PM Pilates & Mobility Studio w/ Amber		
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					