

PAXTON SPORTS CENTRE

GROUP EXERCISE SCHEDULE - Fall 2015 (Updated 9/17/2015)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15am - 6:15PM *Cycle Fusion Cycling/Strength Leah	5:15 - 6:15AM BOOT CAMP/TRX (\$) Leah	5 - 6 AM *Spinsanity Cycling Diane	5:15 - 6:15AM BOOT CAMP/TRX (\$) Leah	5 - 6 AM *Spinsanity Cycling Diane	8AM- 12PM Swim Lessons Pool	
		6 - 7 AM Total Body Strength Training Andy		6 - 7 AM Total Body Strength Training Tracy		
					7:30 - 8:30 AM *Ride Cycling Pam	7:30 - 8:30 AM *Gear Up Cycling Leah
8 - 9 AM Silver Sneakers® I Tina	8:30 - 9 AM Senior Tone Picky	8 - 9 AM Silver Sneakers® I Tina		8 - 9 AM Silver Sneakers® II Picky	8:30 - 9:30 AM MAT Pilates Pilates Pam	
8:15 - 9 AM Wet n' Wild Aqua Fitness Picky	9 - 10 AM Wet n' Wild Aqua Fitness Picky		9 - 10 AM Wet n' Wild Aqua Fitness Picky			9 - 10 AM Muscle Max Cardio/Strength Tina
9 - 10 AM Step Blast & Strength Cardio/Strength Tina	9 - 10 AM *Gear Up Cycling Leah	9 - 10 AM Body Blast Cardio/Strength Tracy	9 - 10 AM *Intervals Rule Cycling Randi	9 - 10 AM Power Playground Cardio/Strength Picky		
10 - 11 AM Water Warriors POOL Harriet		10 - 11 AM Water Warriors POOL Harriet		10 - 11 AM Water Warriors POOL Harriet		
	*10:15 - 11:15 AM Mind/Body Yoga Sarah					
4:00-5:00 PM *Alignment Flow Yoga Jennie		4:00-5:00 PM *Alignment Flow Yoga Jennie				
5:30 - 6:30 PM HIIT Tracy	5 - 6 PM *Cycle Fusion Cycling/Strength Tina	5:30 - 6:30 PM HIIT Tracy	5 - 6 PM *Cycle Fusion Cycling/Strength Tina	5:30 - 6:30 PM HIIT Tracy		
6 - 7 PM POOL Waterworks Aqua Fitness Tina	6 - 7 PM *Mind/Body Yoga Sarah	5:30 - 6:30 PM Ride Cycling Pam	6 - 7 PM Muscle Max Cardio/Strength Tina			
6 - 7 PM Step & Sculpt Cardio/Strength Sally	***	6 - 7 PM POOL H2O Fit & Play Aqua Fitness Harriet	7 - 8 PM *Vinyasa Flow Yoga Sue			

***Please sign up in advance for these classes as space is limited. Call the front desk to reserve your spot the list opens 48 hours prior to the class 508-755-8223**

***There will be a special 1/2 hour Meditation class each month on Tuesday 7:30pm following yoga - Watch from announcements