



City of Revere

Mayor Patrick M. Keefe Jr.



SEPTEMBER CLASS SCHEDULE

MONDAY

5:15AM - LEGS & GLUTES - MIKE A (45 MIN.) **NEW CLASS**
5:15AM - SPIN W/ BANDS - APRIL (45 MIN.) **NEW CLASS**
6:00AM - MAT PILATES - NIKKI (55 MIN.)
7:00AM - HYBRID BOOTCAMP - MIKIE (50 MIN.) **NEW CLASS**
8:00AM - MORNING YOGA FLOW - VALENTINA (50 MIN.) **NEW CLASS**
9:30AM - SPIN - CHERYL (45 MIN.)
10:30AM - STRENGTH & STRETCH - CHERYL (60 MIN.)
4:30PM - SLOW VINYASA - CORRINE (45 MIN.)
5:30PM - BARRE - NIKKI (55 MINS.)
6:00PM - STRENGTH - MIKIE (50 MIN.) **NEW CLASS**
7:00PM - XTREME HIP HOP W/ BANDS - MIKIE (50 MINS.) **NEW TIME**

TUESDAY

5:15AM - UPPER BODY + CORE - VANESSA (45 MIN.) **NEW CLASS**
5:15AM - SPIN W/ WEIGHTS - APRIL (45 MIN.)
6:00AM - STRENGTH & CORE - NIKKI (55 MIN.) **NEW CLASS**
7:00AM - HYBRID BOOTCAMP - MIKIE (50 MIN.) **NEW CLASS**
9:15AM - GUIDED STRETCH - CHERYL (60 MIN.)
10:15AM - CORE - MIKE A. (45 MIN.)
5:30PM - STRENGTH - ANGELA (45 MIN.)
6:30PM - GENTLE YOGA - CORINNE (50 MIN.)
7:30PM - STRENGTH - APRIL (50 MIN.)

WEDNESDAY

5:15AM - LEGS & GLUTES - APRIL (45 MIN.)
6:00AM - SPIN - NIKKI (45 MIN.)
6:15AM - 30 MIN. CORE - MIKE A **NEW CLASS**
8:00AM - MORNING YOGA FLOW - VALENTINA (50 MIN.)
9:30AM - SPIN - CHERYL (45 MIN.)
10:30AM - STRENGTH & STRETCH - CHERYL (60 MIN.)
5:30PM - STRENGTH - ANGELA 45 MIN.)
6:15PM - GENTLE YOGA - HALEY (45 MINS.)

**OUTSIDE CLASSES LOCATED AT HARRY DELLA RUSSO
STADIUM - 75 PARK AVE REVERE, MA 02151**

****TRAMPOLINE USED IN CLASS**

THURSDAY

5:15AM - SPIN W/ WEIGHTS - APRIL (45 MIN.)
5:15AM - UPPER BODY + CORE - VANESSA (45 MIN.)
6:00AM - CLASSIC STEP - NIKKI (45 MIN.)
6:15AM - LEGS & GLUTES- MIKE A (45 MIN.)
9:15AM - GUIDED STRETCH - CHERYL (60 MIN.)
10:00AM - STRENGTH - MIKE A. (45 MIN.)
5:30PM - PILATES SCULPT - NIKKI (50 MIN.)
6:30PM - BUTTS & GUTS - VANESSA (45 MIN.)
7:30PM - SALSA - JUAN (60 MIN.)

FRIDAY

5:15AM - BOOTCAMP - APRIL (45 MIN.)
6:00AM - SPIN - NIKKI (55 MIN.)
6:15AM - FALL FLEX 🍂 - MIKE A. (45 MIN.)
NEW CLASS 7:00AM - HIIT - MIKIE (40 MIN.)
9:30AM - SPIN - CHERYL (45 MIN.)
10:30AM - STRENGTH & STRETCH - CHERYL (60 MIN.)
5:30PM - FULL BODY BOOTCAMP - MIKE A. (50 MIN.)

SATURDAY

6:30AM - BARRE - JACKIE (50 MIN.)
OUTSIDE 6:30AM - FITCLUB - MIKIE (50 MIN.)
7:45AM - HYROX - MANNY + MARCELO (65 MIN.)
9:00AM - DANCE - ALLE (50 MIN.)
10:00AM - SPIN - CHERYL (45 MIN.)
NEW CLASS 11:00AM - BOUNCE & BURN - MIKE A. (45 MIN.)**
11:45AM - MOBILITY + RECOVERY - MIKE A. (30 MIN.)

SUNDAY

NEW CLASS 6:30AM - STRENGTH - MIKIE (50 MIN.)
8:00AM - RITBOX - ALLE (50 MIN.)
9:00AM - GENTLE YOGA - CORINNE (45 MIN.)
9:00AM - SPIN - NIKKI (45 MIN.)
10:00AM - BARRE - NIKKI (55 MIN.)
11:00AM - SPIN W/ WEIGHTS - APRIL (45 MIN.)

321 CHARGER ST. REVERE, MA 02151

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