



# MAY CLASS SCHEDULE

## MONDAY

6:00AM - SPIN NIKKI (55 MIN.) (2&3)  
6:00AM - BOOTCAMP DANIEL (45 MIN.) (2&3)  
9:00AM - SPIN CHERYL (45 MIN.) (2)  
10:00AM - STRETCH & TONE CHERYL (50 MIN.) \*  
5:30PM - BARRE NIKKI (55 MIN.) (2&3)  
6:30PM - CARDIO DANCE DANIEL (45 MIN.) \*

## THURSDAY

6:00AM - STRENGTH & CORE - NIKKI (55 MIN.) (2)  
6:30AM - BARRE - HALEY (45 MIN.) (2&3)  
9:00AM - BOOTCAMP - DANIEL (45 MIN.) (2&3)  
5:00PM - CARDIO DANCE - DANIEL (45 MIN.) \*  
6:00PM - BOOTCAMP - ANGELA (45 MIN.) (3)  
7:00PM - ZUMBA - MIGUEL (50 MIN.) \*

## SATURDAY

8:00AM - POWER YOGA - HALEY (45 MIN.) (3)  
9:00AM - GENTLE YOGA - HALEY (45 MIN.) \*  
10:00AM - SPIN - CHERYL (35 MIN.) (2)  
11:00AM - CARDIO DANCE - DANIEL (45 MIN.) \*

## TUESDAY

5:45AM - POWER YOGA - HALEY (45 MIN.) (3)  
6:00AM - STRENGTH & CORE - NIKKI (55 MIN.) (2)  
9:00AM - GENTLE YOGA - HALEY (45 MIN.) \*  
5:30PM - SPIN - NIKKI (55 MIN.) (2&3)  
6:00PM - BOOTCAMP - ANGELA (45 MIN.) (3)  
7:00PM - CARDIO DANCE - DANIEL (45 MIN.) \*

## FRIDAY

6:00AM - SPIN - NIKKI (55 MIN.) (2&3)  
6:00AM - BOOTCAMP - DANIEL (45 MIN.) (2&3)  
9:00AM - SPIN - CHERYL (45 MIN.) (2)  
10:00AM - STRETCH & TONE - CHERYL (50 MIN.) \*

## SUNDAY

9:00AM - SPIN - NIKKI (55 MIN.) (2&3)  
10:00AM - BARRE - NIKKI (55 MIN.) (3)

## WEDNESDAY

6:00 AM - SPIN - NIKKI (55 MIN.) (2&3)  
6:00 AM - BOOTCAMP - DANIEL (45 MIN.) (2&3)  
9:00 AM - ZUMBA - MIGUEL (50 MIN.) \*  
9:00 AM - SPIN - CHERYL (45 MIN.) (2)  
10:00 AM - STRETCH & TONE - CHERYL (50 MIN.)  
6:00 PM - CARDIO DANCE - DANIEL (45 MIN.) \*  
6:00 PM - STRENGTH - ANGELA (45 MIN.) (1)  
7:00 PM - GENTLE YOGA - HALEY (45 MIN.) \*

**LEVEL 1: BEGINNER**  
**LEVEL 2: INTERMEDIATE**  
**LEVEL 3: ADVANCED**  
**\*ALL LEVELS**

**RESERVE YOUR SPOT UPON  
ARRIVAL**  
**PLEASE NOTE SPOTS ARE  
LIMITED!**  
**\$10 DAY PASS AVAILABLE**



*City of Revere*

Mayor Patrick M. Keefe Jr.