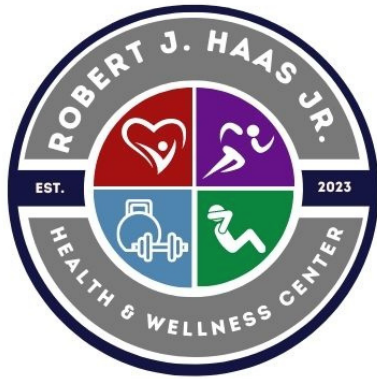




OCTOBER SCHEDULE

MONDAY

5:15AM - STRENGTH - MIKE A. (45 MIN.) *
6:00AM - MAT PILATES - NIKKI (55 MIN.) 2&3
9:30AM - SPIN - CHERYL (45 MIN.) 2
10:30AM - STRENGTH & STRETCH - CHERYL (60 MIN.) 2
4:30PM - SLOW VINYASA - CORINNE (45 MIN.) 2
5:30PM - BARRE - NIKKI (55 MIN.) 2&3
6:30PM - XTREME HIP HOP W/ BANDS - MIKIE (50 MIN.) 3

TUESDAY

5:05AM - STRENGTH & CONDITIONING - MIKIE (50 MIN.) 2
5:15AM - SPIN W/ WEIGHTS - APRIL (45 MIN.) 2&3
6:00AM - GUIDED STRETCH - JEM (45 MIN.) *
6:00AM - STRENGTH & CORE - NIKKI (55 MIN.) 2
5:30PM - SPIN - NIKKI (55 MIN.) 2&3
5:30PM - BOOTCAMP - JOHNNY (45 MIN.) *
6:30PM - GENTLE YOGA - CORINNE (50 MIN.) *
7:30PM - BARRE - JACKIE (50 MIN.) 2
7:30PM - STRENGTH - APRIL (50 MIN.) 2

WEDNESDAY

5:15AM - STRENGTH - MIKE A. (45 MIN.) *
6:00AM - SPIN - NIKKI (55 MIN.) 2&3
9:30AM - SPIN - CHERYL (45 MIN.) 2
10:30AM - STRENGTH & STRETCH - CHERYL (60 MIN.) 2
5:30PM - BOOTCAMP - JOHNNY (45 MIN.) *
6:15PM - GENTLE YOGA - CORINNE (45 MINS.) *
7:00PM - BOOTCAMP - MIKIE (60 MINS.) 2&3

THURSDAY

5:15AM - STRENGTH - MIKE A. (45 MIN.) *
5:15AM - SPIN W/ WEIGHTS - APRIL (45 MIN.) 2&3
6:00AM - BOOTCAMP - MIKE A. (45 MIN.) *
7:00AM - SALSA - JUAN (60 MIN.) *
5:25PM - MAT PILATES - NIKKI (55 MIN.) 2&3
6:30PM - SPIN - NIKKI (45 MIN.) 2&3
6:30PM - BUTTS & GUTS - VANESSA (45 MIN.) *

FRIDAY

5:15AM - BOOTCAMP - APRIL (45 MIN.) 2
6:00AM - SPIN - NIKKI (55 MIN.) 2&3
7:00AM - BARRE - JACKIE (50 MIN.) 2
9:30AM - SPIN - CHERYL (45 MIN.) 2
10:30AM - STRENGTH & STRETCH - CHERYL (60 MIN.) 2
12:00PM - GUIDED STRETCH - JEM (45 MIN.) *
6:00PM - SALSA - JUAN (60 MIN.) *

SATURDAY

6:30AM - BARRE - JACKIE (50 MIN.) 2
7:45AM - BRAZILIAN STEP - MARCELO (65 MIN.) * 
9:00AM - SLOW FLOW - MIKE (50 MIN.) 2
10:00AM - SPIN - CHERYL (45 MIN.) 2
11:00AM - ACUMOVE - JULIE (60 MIN.) *

SUNDAY

8:00AM - SLOW VINYASA - CORINNE (45 MIN) 2
9:00AM - SPIN - NIKKI (55 MIN.) 2&3
10:00AM - BARRE - NIKKI (55 MIN.) 2&3
11:00AM - SPIN W/ WEIGHTS - APRIL (45 MIN.) 2&3
12:00PM - GUIDED STRETCH - JEM (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.



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REVEREREC.ORG



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