



# MAY SCHEDULE



City of Revere

Mayor Patrick M. Keefe Jr.

## MONDAY

- 5:15AM - FULL BODY STRENGTH - MIKIE. (45 MIN.) \*
- 6:00AM - MAT PILATES - NIKKI (55 MIN.) 2&3
- NEW TIME** 8:00AM - MORNING YOGA FLOW - VALENTINA (50 MIN.) \*
- 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 - STRENGTH & CORE - NIKKI (55 MIN.) 2
- 5:30PM - SPIN - NIKKI (45 MIN.) 2&3
- 5:30PM - BOOTCAMP - JOHNNY (45 MIN.) \*
- 6:30PM - GENTLE YOGA - CORINNE (50 MIN.) \*
- 7:30PM - STRENGTH - APRIL (50 MIN.) 2

## WEDNESDAY

- 5:15AM - LEGS & GLUTES - APRIL (45 MIN.) 2&3
- 6:00AM - 30 MIN. HIIT - MIKIE \*
- 6:00AM - SPIN - NIKKI (45 MIN.) 2&3
- NEW TIME** 8:00AM - MORNING YOGA FLOW - VALENTINA (50 MIN.) \*
- 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 - HALEY (45 MINS.) \*
- 7:00PM - BOOTCAMP - MIKIE (60 MINS.) 2&3

## THURSDAY

- 5:15AM - SPIN W/ WEIGHTS - APRIL (45 MIN.) 2&3
- 5:15 AM - UPPER BODY + CORE - VANESSA (45 MIN.) \*
- 6:00AM - CLASSIC STEP - NIKKI (45 MIN.) \*
- 6:00AM - WEIGHTS & CORE - MIKIE (45 MIN.) \*
- 5:30PM - PILATES SCULPT - NIKKI (50 MIN.) 2&3
- 6:30PM - BUTTS & GUTS - VANESSA (45 MIN.) \*
- 6:30PM - BARRE - JACKIE (50 MIN.) 2
- 7:30PM - SALSA - JUAN (60 MIN.) \*

## FRIDAY

- 5:15AM - BOOTCAMP - APRIL (45 MIN.) 2
- 6:00AM - SPRING SHRED - 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 - FULL BODY BOOTCAMP - MIKE A. (50 MIN.) \*
- 7:00PM - SALSA - JUAN (60 MIN.) \*

## SATURDAY

- 6:30AM - BARRE - JACKIE (50 MIN.) 2
- 6:30AM - HYBRID FITCLUB - MIKIE + APRIL (50 MIN.)\*
- 7:45AM - HYROX - MANNY + MARCELO (65 MIN.) \*
- 9:00AM - CARDIO DANCE W/ MARCELO (45 MIN.) 1
- 10:00AM - SPIN - CHERYL (45 MIN.) 2
- 11:00AM - FULL BODY BOOTCAMP - MIKE A. (50 MIN.)
- 12:30PM - CALISTHENICS CAMP - JOEL (50 MIN.) \*

## SUNDAY

- 8:00AM - RITBOX - ALLE
- 9:00AM - GENTLE YOGA - CORINNE (45 MIN.)\*
- 9:00AM - SPIN - NIKKI (45 MIN.) 2&3
- 10:00AM - BARRE - NIKKI (55 MIN.) 2&3
- 11:00AM - SPIN W/ WEIGHTS - APRIL (45 MIN.) 2&3

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