



FEBRUARY SCHEDULE

MONDAY

5:15AM - FULL BODY STRENGTH - MIKIE. (45 MIN.) *
 6:00AM - BOOTCAMP - MIKIE (45 MIN.) 2&3
 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
 7:30PM - GUIDED STRETCH - JOVANI *

WEDNESDAY

5:15AM - LEGS & GLUTES - APRIL (45 MIN.) 2&3
 6:00AM - 30 MIN. HIIT - MIKIE *
 6:00AM - SPIN - NIKKI (45 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

FRIDAY

5:15AM - BOOTCAMP - APRIL (45 MIN.) 2
 6:00AM - SPIN - NIKKI (55 MIN.) 2&3
 9:30AM - SPIN - CHERYL (45 MIN.) 2
 10:30AM - STRENGTH & STRETCH - CHERYL (60 MIN.) 2
 12:00PM - GUIDED STRETCH - JOVANI (45 MIN.) *
 5:30PM - FULL BODY BOOTCAMP - MIKE A. (50 MIN.) * **NEW CLASS**
 6:00PM - SALSA - JUAN (60 MIN.) *

LEVEL 1: BEGINNER

LEVEL 2: INTERMEDIATE

LEVEL 3: ADVANCED

*** ALL LEVELS**

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
NEW CLASS 9:30AM - SPIN - VANESSA (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

THURSDAY

5:15AM - SPIN W/ WEIGHTS - APRIL (45 MIN.) 2&3
NEW CLASS 5:15 AM - BOOTCAMP - VANESSA (45 MIN.) *
 6:00AM - CLASSIC STEP - NIKKI (45 MIN.) *
 6:00AM - CORE - MIKIE (45 MIN.) *
 9:00AM - GUIDED STRETCH - JOVANI (45 MIN.) *
 5:25PM - MAT PILATES - NIKKI (55 MIN.) 2&3
 6:30PM - BUTTS & GUTS - VANESSA (55 MIN.) *
 6:30PM - BARRE - JACKIE (50 MIN.) 2
 7:30PM - SALSA - JUAN (60 MIN.) *

SATURDAY

6:30AM - BARRE - JACKIE (50 MIN.) 2
 6:30AM - FITCLUB - MIKIE (50 MIN.)*
 7:45AM - HYROX - MANNY + MARCELO (65 MIN.) *
 10:00AM - SPIN - CHERYL (45 MIN.) 2
NEW CLASS 11:00AM - FULL BODY BOOTCAMP - MIKE A. (50 MIN.)

SUNDAY

NEW CLASS 8:00AM - RITBOX - ALLE
 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
 12:00PM - GUIDED STRETCH - JOVANI (45 MIN.) *



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