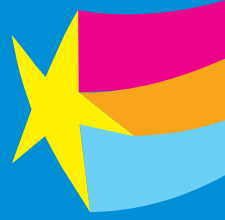


SUMMER 2021 GROUP EXERCISE



Updated 7/19/21

| MON | TUE | WED | THU | FRI | SAT | SUN |
|--|--|---|--|---|---|--|
| Results 3C 6:00AM-6:45AM Lisa Gillis (Group Ex) | DancEnergy 7:00AM-7:55AM Claudia Rodenstein (Group Ex) | Sweat & Burn 6:00AM-6:45AM Lisa Gillis (Group Ex) | DancEnergy 7:00AM-7:55AM Sue Riordan (Group Ex) | DancEnergy 7:00AM-7:55AM Claudia Rodenstein (Group Ex) | DancEnergy 7:00AM-7:55AM Aryn Ferreira (Group Ex) | DancEnergy 8:00AM-8:55AM Joyce Colahan (Group Ex) |
| DancEnergy 8:15AM-9:15AM Joyce Colahan (Group Ex) | Tabata Strength and Core 7:00AM-7:45AM Lisa Gillis (Outdoor Field) | DancEnergy 8:15AM-9:10AM Joyce Colahan (Group Ex) | Tabata Strength and Core 8:00AM-8:55AM Tabatha Keating (J-Fit) | Sculpt and Stretch 8:30AM-9:20AM Lisa Gillis (WK & Zoom) | DancEnergy 8:00AM-8:55AM Joyce Colahan (Group Ex) | Spinning®* 8:30AM-9:25AM Margie Cantor (Outdoor Spin Studio) |
| Strong Women 8:30AM-9:15AM Lara Goodman (Zoom) | DancEnergy 8:30AM-9:25AM Joyce Colahan (Group Ex) | Strong Women 8:30AM-9:15AM Lara Goodman (Zoom) | DancEnergy 8:15AM-9:10AM Lisa Gillis (Group Ex) | Spinning®* 9:00AM-10:00AM Lara Goodman (Outdoor Spin Studio) | Yoga Flow 9:00AM-9:55AM Julia Reagan (Group Ex) | BARRE BODY* 9:00AM-9:55AM Mary Pat Hawkins/ Brigitte Karns (J-Fit & Zoom) |
| Tabata Strength and Core 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom) | Strong Women 8:30AM-9:25AM Lara Goodman (WK-R) | Restorative Yoga 9:00AM-9:55AM Dennis Goldsmith (J-Fit) | Walk and Talk 8:30AM-9:30AM** Lara Goodman (Locations below) | DancEnergy 9:30AM-10:25AM Lisa Gillis (Group Ex) | Aqua Splash 9:00AM-9:45AM James D'Ambrosio (OUTDOOR Pool) | Stretch, Flow and Meditate 9:00AM-10:00AM Allison Swartz (Zoom) |
| Vinyasa Yoga 10:00AM-10:50AM Allison Swartz (WK-R) | BARRE BODY* 9:00AM-9:55AM Lisa Laurano (J-Fit) | Spinning® Core* 9:00AM-9:55AM Tabatha Keating (Outdoor Spin Studio) | Spinning®* 9:00AM-9:50AM Tabatha Keating (Outdoor Spin Studio) | Yoga Flow 9:30AM-10:25AM Cybele Leger (J-Fit) | 45 Minute Abs and Arms 9:30AM-10:15AM Lisa Gillis (Zoom) | Zumba® 9:30AM-10:25AM James D'Ambrosio (Group Ex) |
| Aqua Splash 10:00AM-10:45AM Tabatha Keating (Indoor Pool) | Spinning®* 9:00AM-9:55AM Wendy Webber (Outdoor Spin Studio) | Bodyweight Bootcamp 9:00AM-9:55AM Lisa Laurano (J-Fit) | Fundamentals of Yoga 9:30AM-10:25AM Stephanie Greenfield (WK & Zoom) | Aqua Splash 10:00AM-10:45AM James D'Ambrosio (Indoor Pool) | Zumba® 10:00AM-10:55AM Klara Sands (Group Ex) | Yoga 10:00AM-10:55AM Cybele Leger (WK) |
| Fit Forever Cardio & Strength 11:00AM-11:55AM Tabatha Keating (Group Ex) | Fundamentals of Yoga 9:30AM-10:25AM Stephanie Greenfield (WK & Zoom) | Tabata Strength and Core 9:15AM-10:00AM Lisa Gillis (WK-R & Zoom) | Aqua Splash 10:00AM-10:45AM Lisa Laurano (Indoor Pool) | Forever Fit 10:00AM-10:45AM Tabatha Keating (Zoom) | | Zoomba 10:00AM-11:00AM Klara Sands (Zoom) |
| Pilates 5:30PM-6:25PM Brigitte Karns (Group Ex) | Zumba® 9:30AM-10:25AM James D'Ambrosio (Group Ex) | Cardio Dance 9:15AM-10:10AM Patricia Pilon (Group Ex) | Strong Arms, Strong Core 10:30AM-11:00AM Lara Goodman (Zoom) | Senior Strength & Balance 1:00PM-1:45PM Julia Reagan (WK-R) | | |
| DancEnergy 6:30PM-7:25PM Brigitte Karns (Group Ex) | Aqua Splash 10:00AM-10:45AM Lisa Laurano (Indoor Pool) | Yoga 10:00AM-10:55AM Sarah McCormack (J-Fit & Zoom) | Yoga 5:00PM-5:55PM Cybele Leger (Group Ex) | | | |
| | Senior Fitness 10:00AM-10:30AM Lara Goodman (Zoom) | Senior Strength & Balance 1:00PM-1:45PM Julia Reagan (WK-R) | Pilates Sport 6:00PM-6:55PM Brigitte Karns (Group Ex) | | | |
| | Strong Legs, Strong Core 10:30AM-11:00AM Lara Goodman (Zoom) | | | | | |
| | Zumba® 6:30PM-7:25PM James D'Ambrosio (Group Ex) | | | | | |

SCHEDULE SUBJECT TO CHANGE

WALK AND TALK LOCATIONS

7/22: Lynn Woods, meet at Great Woods Rd, Lynn entrance

7/29: Little's Point & Galloupees Point, Swampscott. Meet at bottom of Lara's driveway, 30 Forest Ave Extension, Swampscott

8/5: Forest River Park, Salem. Meet in lot at Salem State South Campus Lot, off of 1A, across from Leggs Hill Road

8/12: Swampscott Olmsted Neighborhood with Hills. Meet at Linscott Park Gazebo, Swampscott

8/19: Marblehead Neck. Meet at Chandler Hovey Park

8/26: Old Town Marblehead & Fort Sewall. Meet in front of The Muffin Shop, 126 Washington St, Marblehead

*** All walks are about an hour, weather dependent. No registration necessary.*

*Please pre-register on MotionVibe for Spin, TRX, and Barre classes

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|-------------|--------------------------|--------------------------|---------------------|----------------------|----------------------------|
| KEY: | ZOOM CLASS ONLINE | INDOOR & ZOOM | INDOOR CLASS | OUTDOOR CLASS | INDOOR/OUTDOOR POOL |
|-------------|--------------------------|--------------------------|---------------------|----------------------|----------------------------|

INDOOR CLASS LOCATIONS: Group Exercise Studio, J-Fit Studio, Weiss Kirstein. OUTDOOR CLASS LOCATIONS: Outdoor Lower Field, Outdoor Parking Lot Spin Studio