



MERRIMACK GROUP EXERCISE WINTER 2019

(UPDATED 12/28/18)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00-6:45 Team Circuit Joy	6:00-6:45 Rise N Shine Yoga Elizabeth		6:00-6:45 Rise N Shine Yoga Elizabeth		7:00-7:55 Cardio Mix Jeannette	
8:30-9:15 Pilates Carol	8:30-9:10 Team Circuit Beth		8:30-9:10 Team Circuit	8:30-9:10 T.G.I Circuit Amy	8:00-8:45 Kickbutta Cindy/Heather/ Jeannette	8:30-9:15 Zumba Toning Marji
9:30-10:30 Boot Camp Intervals Aga	9:15-10:30 Gentle Yoga Julia	9:15-10:15 Step II Interval Kim	9:15-10:15 Zumba Jess	9:15-10:00 Move n Groove Jess <hr/> 9:15-10:00 Endurance Barre Elizabeth (dance studio)	9:00-10:15 Step I/II Joy	9:15-10:15 Zumba Marji
10:30-11:30 Fitness Yoga Kim	11:00-11:45 POUND Jess	10:30-11:30 Fitness Yoga Cheryl	10:30-11:45 Beginner Yoga/ Qi Gong Dennis	10:30-11:30 Fitness Yoga Kim	10:30-11:30 Yoga Rotate (See posted schedule)	10:30-11:30 Cardio Kickbox Cindy/Heather
12:00-12:45 Wildcard Workout Amy	12:00-1:00 Zumba Jessica	12:00-12:45 Muscle Mania Amy	12:00-1:00 Boot Camp Aga	12:00-1:00 POUND Leslie		
1:30-2:15 ZUMBA GOLD Jess	1:30-2:15 SilverSneakers® Diana *****		1:30-2:15 SilverSneakers® Diana *****			
4:30-5:25 Strength, Stretch and Tone Meredith	4:00-4:30 Kenpo Jujitsu 4-7year olds *****	3:00-4:00 Moving for Better Balance Diana *****	4:00-4:30 Kenpo Jujitsu 4-7year olds *****	3:00-4:00 Moving for Better Balance Diana *****		
5:30pm-6:25pm Meditation Monday Jay		4:15-5:15 Gentle Yoga Cathy				
6:30-7:25 Fitness Yoga Idgy	6:00-6:45pm Zumba Toning Deb	6:00-6:55 Afro Vibe Jess	6:00-6:55 Yoga Catherine	6:00-7:00 KickHIIT Cindy/Jeannette		
7:30-8:15 KickHIIT Cindy/Jeannette	7:00-7:55 Zumba Marji	7:00-8:00 Cardio Kickbox Cindy/Heather	7:00-8:00 Zumba Deb			***** Registration Required. Please see program brochure