










LATITUDE™ SPORTS CLUBS GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spring/Summer 2010 effective 7/6/2010	6:00 Spin Nina		6:00 Spin Laurie		6:00 Spin Maureen	
		6:00 Yoga Sheena		6:00 Boot Camp Nina	7:30 Multi-Level Yoga Audra	
8:00 Body Flex Terri	8:30-9:30 Zumba Amy	8:30 Interval Step Jo Ann	8:30 Turbo Kick Bethany	8:30 Step Challenge Joanne	8:30 Zumba Julie	8:00-9:15 Step Plus Thea
8:00 Spin Nina/Kelly	8:00 Spin Sue		9:00 Spin Kelly		9:00 Spin Nina	8:00 Spin Kathleen
9:00 Cardio Kick-Boxing Rory		9:45-10:30 Pilates Christie	9:30 Body Flex Kathleen	9:30-10:15 Pilates Patty	9:30 Body Flex Donna/Kathleen	9:30-10:30 Body Flex Sue
10:00 Zumba Susan	10:30 CardioLt/Abs/Yoga Patty	10:30 Zumba Julie			10:30 CardioLt/Abs/Yoga Patty	10:30-11:30 Zumba Megan
11:00 Yoga Sharon	12:15 - 1:00 Multi-Level Yoga Audra					
				5:30 Zumba Kati	The New Latitude Pilates Studio	 LATITUDE. sports clubs
Please check bulletin board for any changes	5:30 Flex Sue	5:30 Body Flex Terri	5:30 Yoga Cheryl		 To schedule a complimentary demonstration	
	6:00 Spin Anastasia	6:15-7:00 Spin Jean	6:00 Spin Nina	6:15 Spin Tracey		
	6:30 Step Thea	6:30-7:30 Hip-Hop Megan	6:30 Pilates Stacey	6:30-7:30 Boot Camp Rory	Contact Audra Palermo Pilates Director	
Club Hours M-Th 5 am - 9:30pm Fri 5:00am-8:00pm Sat 6:00am-6:00pm Sun 7:00am-6:00pm				Outdoor Boot Camp Starts June 24th Doherty Middle School	Indoor Booth Camp ends June 17 moves outdoors June 24th.	Andover (978) 474-1888 Bradford (978) 521-4949 Methuen (978) 738-4653 Salisbury (978) 462-5662