

LATITUDE™ SPORTS CLUBS GROUP EXERCISE SCHEDULE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Spring Schedule Effective 5/24/2010	5:15-Spin Mindy		5:15-Spin Lynda		5:15-Spin Lynda	
		6:00 Pilates Patty	7:00 Spin Maureen	6:00 Yoga Patty	6:00 Pilates Patty	
8:00 Body Flex Cheryl/Kim P.	8:30 Yoga Ilene		8:15 Light N' Fit Sherry	7:00 Intro to Pilates Patty	8:00 Light n" Fit Al	8:30 Spin Cheryl
9:00 Spin Julie	Sports Core & Conditioning Kelly	9:00 - 10:30 Kick and Flex Laurie	9:15-10:30 Body Flex Sherry	9:00 Zumba Meghan	9:00 ABC Sherry	8:30-9:15 Step X-Press Sherry
9:00-9:45 Step/Zumba Stephanie/Kim P.	9:30 - Spin Julie	9:15 - Spin Tanya	9:30 - Spin Laurie	9:30 - Spin Sherry	9:30- Spin Michelle	9:15 Body Flex Sherry
Step 1st&3rd Sunday Zumba 2nd&4th					10:00 Carribbean Rhythm Ramon	10:30 Zumba Tiana
10:00-11:30 Yoga Ann					11:00 Spin Sherry	
Andover (978) 474-1888 Bradford (978) 521-4949 Methuen (978) 738-4653 Salisbury (978) 462-5662	4:30 Basic Step Interval Kim P.	Sports Core & Conditioning 4:30 Cheryl	4:30 Interval Step Audra	4:30 Body Flex Laurie	4:30 Step and Flex Kim P.	
	5:30 ABC Sherry	5:30 Step X-Press Cheryl	5:30 Body Flex Audra	5:30 Step X-Press Cheryl		
Playroom Hours M-F 8:00 - 1:30 PM M -F 4:00 - 8:00 PM Sat/Sun 8:00-1:30 PM	5:30-Spin Cheryl		5:00-Spin Sherry		Please check message board out- side studio for any changes.	
		6:00 - Spin Stephanie	6:00 - Spin Sherry	6:00-Spin Terri		
Club Hours M-F 5 am- 10:00pm Sat 7:00am-6:00pm Sun 7:00am-6:00pm	6:30 Zumba Tiana	6:30 Yoga Ilene	6:30 Zumba Julie	6:30 Pilates Karin		
	7:00-Spin Heather					
	7:30 Yoga 101 Alyson		7:30 Yoga Heather			

