





LATITUDE™ SPORTS CLUBS METHUEN
GROUP EXERCISE: Summer Schedule effective 6/20/10

116 Pleasant Valley St.
 Methuen, MA
 (978) 738-4653

| | STUDIO ROOM 1 | | | STUDIO ROOM 2 | | | SPIN® | | | |
|-----------------------|----------------|--|------------|----------------|---|------------|---|-------------|----------------|---------|
| | STUDIO ROOM 1 | Class | Instructor | Time | Class | Instructor | Time | Class | Instructor | |
| S U N | 8:00-9:00 AM | Reebok Core & Flex | Lisa | 9:00 AM | Yoga | Karen K | 8:30 AM | Spin | Leslie | |
| | 9:30-10:30 | Zumba | Amy | | | | 9:45 AM | Spin | Kim/Lynne alt. | |
| M O N | 8:30-9:30 AM | Cardio Flex | Kim | | | | 5:15 AM | All Terrain | Lisa | |
| | 9:45-10:45 AM | Zumba | Meagan | 12:15 PM | Pilates | Patty | 9:00AM | All Terrain | Lisa | |
| | 4:30 PM | Kickboxing | Aline | 5:00 PM | Intermediate Pilates | Kim |  | 4:30 PM | Spin | Paige |
| | 5:30-6:30PM | Cardio Flex | Dina | 5:45 PM | Yoga 101 | Audra | 6:00 PM | Spin | Melissa | |
| | 7:00 PM | Kickboxing | Laurie | 6:45 PM | Athletic Yoga | Audra | | | | |
| T U E S | 5:15 AM | body flex | Lisa | | | | 5:15 AM | Spin | Peter | |
| | 8:30 AM | Essentials Pilates | Kim | | | | | | | |
| | 9:30 AM | Step | Dina | 9:45 AM | Yoga | Karen | 9:00 AM | Spin | Karen | |
| | 4:30 PM | Body Flex | Dina | 4:00 PM |  | Patty | | | | |
| | 5:30 PM | Step | Dina | | | | 5:30 PM | Spin | Leslie | |
| | 6:30 PM | Body Flex | Melissa | | | | 7:00 PM | Spin | Laura | |
| W E D S | 8:30-9:30 AM | Cardio Flex | Kim | | | | 5:15 AM | Spin | Kim | |
| | 10:00-11:00 AM | Caribbean Rhythm | Ramon | | | | 9:30 AM | Spin | Leslie | |
| | 4:30 PM | Step  | Dina | 9:45 AM | Express Essen. Pilates | Kim | 11:45AM | Spin | Michelle | |
| | 5:30 PM | Basic Step | Cindy | 5:30 PM | Body Flex | Dina | 4:30 PM | Spin | Sue | |
| | 6:30 PM | Moove & Groove | Lourdes | | | | 6:00 PM | Spin | Leslie | |
| T H U R S | 5:15 AM | Reebok Core & Flex | Lisa | 5:15 AM | Essentials Pilates | Kim | 8:30 AM | Spin | Kim | |
| | 8:30-9:30 AM | Reebok Core & Flex | Lisa | 9:30 AM | Yoga | Karen K | 9:30 AM | Spin | Lisa | |
| | 9:30-10:30 AM | Step | Dina | | | | 4:45 P.M. | Spin | Michelle | |
| | 4:30-5:30 PM | Caribbean Rhythm | Ramon | 5:30 PM | Body Flex | Melissa |  | 6:45 PM | Spin | Melissa |
| | 6:00-7:00 PM | Cardio Boot Camp | Tracy | | | | | | | |
| F R I | 8:30 AM | Body Flex | Lynn | 8:30 AM | Pilates | Patty | 5:15 AM | All Terrain | Lisa | |
| | 10:30 AM | Zumba | Amy | | | | 9:30 AM | Spin | Karen/Lynne | |
| | 4:30 PM | Kickboxing | Aline | | | | 5:30 PM | Spin | Melissa | |
| S A T | 8:00 AM | Essentials Pilates | Kim | | | | 7:00 AM | All Terrain | Lisa | |
| | 9:00 AM | Step Interval | Kim | 8:45 - 9:45 AM | Body Flex | Lisa | 8:30 AM | Spin | Michelle | |
| | 10:00 AM | Kickboxing | Laurie | | | | | | | |
| | 11:00 AM | Moove & Groove | Lourdes | 10:00-11:00 AM | Step Interval | Dina |  | | | |

*Any changes to the above schedule will be posted at the front desk and at the studio doors