





Group Exercise Schedule

Effective September 12, 2011

80 Broadmeadow Rd.
Marlborough, MA
508-481-1797
www.wayside.net

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 Step N' Strength Donna A.		6:00 Cardio Mix Donna A.	6:00 Barbell Power Donna A.		
8:30 Hi/Lo Sculpt Diane		8:30 Boot Camp Steve	8:30 – 9:30 Low Impact Plus Paula		8:00 Pilates Jill Studio 2	
8:30 A.M. Yoga Steve Studio 2	8:30 Barbell Power* Dave	9:00 Pilates Roller Jill Studio 2	9:15 – 10:00 Tumbleweeds Tania Studio 2	8:30 Pilates Conditioning Jill	8:00 – 9:00 Step Gina/Heather	9:15 – 10:15 Step Sharon V
9:30 Cardio Sculpt Jeanine	9:30 Step Dave	9:30 Zumba Jeanine	9:30 Barbell/Core* Gina	9:30 Cardio Sculpt Jeanine	9:00 – 10:00 Hi/Lo Sculpt Heather/ Meghan	10:15 – 11:15 Barbell Power Sharon V.
9:45-10:30 Tumbleweeds Tania Studio 2	10:00 Senior Aerobics Studio 2 Tania	10:30 Senior Aerobics Studio 1 Tania	10:00 Senior Aerobics Studio 2 Tania	10:30 Zumba GOLD Terry	10 :00 – 11:00 Zumba Rakel	
10:30 Senior Aerobics Tania	11:00 Step Variety Tania		10:30 Functional Conditioning Donne R.		   <p>All classes are 55 minutes unless noted.</p>	
5:30 – 6:15 Step Heather	5:30 – 6:00 Boot Camp Steve	5:30 – 6:15 Zumba Robin	5:30 – 6:00 Boot Camp Steve			
6:15 Low Impact Paula	6:00 – 6:15 Core Steve	6:15 – 7:00 Pilates Studio 2 Michele	6:00 – 6:15 Core Steve	6:30 Yoga Flow Studio 2 Laura/Sharon M		
7:15 – 8:00 Zumba Jeanine	6:15 – 7:00 Ultimate Kick Box Steve	7:00 – 7:45 Cardio Sculpt Heather	6:15 – 7:00 Step Heather			
	7:00 Barbell Power* Sharon V.		7:00 Barbell Power* Heather			

Studio 1 = downstairs Studio 2 = upstairs

***Barbell Classes**

Reservations Required (excluding 6am):
2 days in advance beginning at 2:15pm.
Cancellations required.

Hours of operation:

Mon - Thurs 6:00 a.m. - 10:00 p.m.
Friday 6:00 a.m. - 9:00 p.m.
Saturday, Sunday 7:00 a.m. - 6:00 p.m.

Kid's Corner:

Mon – Fri - 8:30 – 1:00
4:00 – 8:00
Sat – 8:00 – 12noon

Inquire about our fee based Svaroopa Yoga at the front desk.