



# Group Exercise Schedule

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

Effective September 1, 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	6:00 Step N' Strength Donna A.		6:00 Cardio Mix Donna A.	6:00 Group Strength Donna A.		
					8:00 Pilates Jill Studio 2	
8:30 A.M. Boot Camp Donne R.		8:30 Body Sculpt Steve	8:30 Low Impact Plus Paula		8-9:15 Step Gina/Heather	
8:30 – 9:30 Yoga Steve Studio 2	8:30 Group Strength* Dave	9:00 Pilates Roller Jill Studio 2	9:15 – 10:00 Tumbleweeds Tania Studio 2	9:00 Pilates Conditioning Jill	9:15 Hi/Lo Sculpt Heather/ Donne R.	9:15 – 10:30 Step Sharon
9:30 Cardio Sculpt Jeanine	9:30 Step Steve	9:30 Zumba Jeanine	9:30 Core Strength Gina	10:00 Cardio Sculpt Jeanine		
9:45-10:30 Tumbleweeds Tania Studio 2	10:00 Senior Aerobics Studio 2 Tania	10:00 Senior Aerobics Studio 2 Tania	10:00 Senior Aerobics Studio 2 Tania			
10:30 Senior Aerobics Tania	10:40 Step Variety Kathy		10:40 Step Variety Kathy			
5:30 – 6:15 Step Heather	5:30 – 6:00 Body Sculpt Steve	5:30 – 6:15 Zumba Jeanine	5:30 – 6:00 Body Sculpt Steve	5:30 – 6:15 Boot Camp Heather		
6:15 Low Impact Paula	6:00 – 6:15 AB Sculpt Steve	6:15 Low Impact Plus Paula	6:00 – 6:15 AB Sculpt Steve	6:15 – 7:15 Yoga Fit Studio 2 Jeanine		
7:15 – 8:00 Zumba Jeanine	6:15 – 7:00 Ultimate Kick Box Steve	7:15 Step Dave	6:15 – 7:00 Ultimate Kick Box Steve	<b>All classes are 55 minutes unless noted.</b>		
	7:00 Group Strength* Sharon		7:00 Group Strength* Sharon			

**\*Group Strength**

**Reservations Required:**

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 Svaroopaa Yoga, Yoga Kids and Zumba Kids classes at the front desk.*