



Group Exercise Schedule

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

Effective January 11, 2011

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 A.M. 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	11:00 Step Variety Tania		10:30 Step Variety Donne R.			
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 Yoga Fit Studio 2 Jeanine/Michele		
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			
	7:00 Group Strength* Sharon		7:00 Group Strength* Sharon	All classes are 55 minutes unless noted.		

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