

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 - 6:30a  Rob	5:30 - 6:30a Yoga - 2 Rob	5:30 - 6:30a Circuit - 1 Lee	5:30 - 6:30a  Lee	5:30 - 6:30a HIIT -1 Sam	7 - 7:55a  Rosa -1	7:30 - 8:25a Circuit - 1 Rosa
9 - 9:55  Sam	9 - 9:55  Lee	9 - 9:55  Elyse	9 - 9:55  Sam	9 - 9:55  Mary	8 - 8:55 Step Interval -1 Rosa	8:30 - 9:25  Rosa
9 - 9:55  Kate S. -1	10-11  Susie -1	10 - 10:55 Yoga - 2 Elyse	9 - 9:55  Kate S. -1	10 - 10:55  Kate S. -2	8 - 8:55  Sam	8:30 - 9:25  Mary R -1
10 - 10:45 Strength - 1 Sam	11-12 Yoga Stretch - 2 Susie	10 - 10:45 Strength - 1 Beth	10- 10:55 Yoga - 2 Jana	10 - 10:45  Express - 1 Kate	9 - 9:55  Tallie -1	9:30 - 10:30  Kate -1
10 - 10:55 Yoga - 2 Beth						
GROUP FITNESS CLASSES @ CEDARDALE ANDOVER - effective May 15, 2017						
5- 5:45p Strength -1 Dawn	5 - 5:55p Yoga - 2 Lynne	5:15 - 6p  Express-1 Rosa			Notes: 1. Please be on time for class. 2. It's great catching up with everyone but please do so after class. Exercise now - chat later! 3. Pack that cell phone away during class. 4. Dress appropriately - bring water, a towel, yoga mat, etc for your class and please go easy on the perfume/cologne. 5. Medical clearance before engaging in exercise is always recommended.	
6-6:55p  Tallie - 2		6:05 - 7p  Tone Mary R -1	6 - 6:55p Yoga - 2 Barbara			
6 - 6:45p HIIT -1 Dawn	6 – 7p HIIT -1 Sam	6:15 – 7p  Rosa				
6 - 6:55p  Rosa			Group Fitness Director: Mary Lynch mlynch@cedardale-health.net			