

**INCLUDED WITH ALL  
MEMBERSHIPS  
OR  
\$10/CLASS FOR  
DROP INS**

# FITNESS CLASSES

**2023  
(SUBJECT TO CHANGE)**



## MONDAY



**6AM BOOTCAMP**

W/SANDY

**10AM YOGA**

W/JUDY

**5:30PM CARDIO/TONE**

W/PATTI

**6:30PM AQUA FIT**

W/PATTI

## TUESDAY

**6AM TONE/KETTLE 30/30**

W/NIKKI

**9AM TABATA**

W/NIKKI

**5:30PM S.E.A.T**

W/PATTI

**6:00PM RHYTHM & TONE**

W/PATTI



## WEDNESDAY

**6AM BOOTCAMP**

W/SANDY

**9AM AQUA FIT**

W/PATTI

**5:30PM PILATES**

W/SANDY

## THURSDAY

**6AM TONE/KETTLE 30/30**

W/NIKKI

**10AM CHAIR YOGA**

W/JUDY

**THE INN  
FITNESS  
CLUB**

**508 967 7757**

## FRIDAY

**6AM BOOTCAMP**

W/SANDY

**9AM H2O**

W/PATTY

**10:15AM S.E.A.T**

W/PATTI



## SATURDAY

**8AM CARDIO**

W/NIKKI

**9AM PURE STRENGTH**

W/NIKKI

