

GROUP X STUDIO SCHEDULE

Included with All Memberships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POWER BARRE BOOTCAMP 6:00am Kalina	LES MILLS BODYPUMP 5:45am Amy M	TABATA 8:30am - 45min Danielle	LES MILLS BODYPUMP 5:45am Amy B	POWER BARRE BOOTCAMP 6:00am Kalina	TOTAL BODY CIRCUIT 7:00am Lorrie	STEP 7:30am Amy B
CARDIO KICK & ABS 8:30am - 45min Danielle	LES MILLS BODYPUMP 8:15am Michele	PILATES 9:30am Michele	FIT FUSION 6:45am - 45min Lynne	CHISEL'D 8:30am - 45min Danielle	TABATA 8:00am Danielle	CHISEL'D 8:45am - 45min Amy B
CHISEL'D 9:30am - 45min Amy M	TABATA 9:30am Danielle	ADVANCED CHAIR YOGA 10:45am Jen S	LES MILLS BODYPUMP 8:15am Michele	TABATA 9:30am Michele	ZUMBA 9:00am Cassandra	CHISEL'D 9:45am - 45min Amy B
THERAPEUTIC YOGA 10:45am Jennifer	YAH: AEROBIC SCULPT 10:45am Lisa	BEGINNER CHAIR YOGA 12:00pm Jen S	CHISEL'D 9:30am - 45min Amy M	YAH: SCULPT & BALANCE 11:00am Amy M	YOGA PILATES/ FIT FUSION 10:00am Esta/Jayne	CARDIO KICK & ABS 10:45am - 45min Danielle
FIT FUSION 12:00pm - 45min Danielle	CHISEL'D EXPRESS 4:00pm - 30min Danielle	FIT FUSION 4:00pm - 45min Jessica M	CARDIO SCULPT 10:45am Amy K	TOTAL BODY CIRCUIT 4:30pm Lorrie	LES MILLS BODYPUMP 11:10am Kara	
LES MILLS BODYPUMP 4:00pm Kara	CARDIO KICK & ABS 4:30pm - 45min Lynne	CHISEL'D 5:00pm - 45min Amy B	FIT FUSION 12:00pm Jessica M	CARDIO KICK & ABS 4:30pm - 45min Jessica		
CHISEL'D 5:00pm - 45min Lynne	PUMP TOTAL BODY 5:30pm - 45min Lisa C	ZUMBA 6:00pm Lorena	LES MILLS BODYPUMP 5:30pm Lisa G			
ZUMBA 6:00pm Lorena	BARRE PUMP 6:30pm Amy B	YOGA 7:00pm Jayne	YOGA 6:45pm Lisa			
YOGA 7:00pm Pauline						

Reservations can be made up to 48 hours in advance on the FREE Weymouth Club app.

We ask that members cancel 3 hours prior to the class or there will be a \$10 late cancellation no call/no show fee.

All classes are 55 minutes unless otherwise noted.

For class descriptions please contact our Group X Director, Jessica Montrond at jmondrond@weymouthclub.com or (781) 682-5843

Schedules are subject to change*

WCYCLE STUDIO SCHEDULE

Included with All Memberships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RHYTHM RIDE 5:45am Theresa	POWER RIDE 9:30am Deb	RHYTHM RIDE 5:45am Theresa	HIIT RIDE 5:45am Melissa	RHYTHM RIDE 8:30am - 45min Jen P	POWER RIDE 7:30am Pauline	POWER RIDE 7:30am Melissa
RHYTHM RIDE 9:30am - 45min Jen S		POWER RIDE 8:30am Michele	RHYTHM RIDE & SCULPT 9:30am Jen P		RHYTHM RIDE 9:00am - 45min Jen P	
RHYTHM RIDE & SCULPT 5:30pm Jen P		POWER RIDE 5:30pm Pauline	RHYTHM RIDE & SCULPT 5:30pm Nancy/ Pauline			

WATER FITNESS SCHEDULE

Included with All Memberships

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DEEP WATER BOOTCAMP 9:30am Jean - Lap Pool	DEEP WATER BLAST 7:45am Jean - Lap Pool	CARDIO MIX 7:45am Jen S - Rec Pool	DEEP WATER WALKING 7:45am Jean - Lap Pool	CARDIO MIX 7:45am Emily - Rec Pool	SHALLOW WATER CARDIO 7:30am Mary Louise - Rec Pool
MAKING WAVES 6:45pm Colleen - Rec Pool	ARTHRITIS FIT 11:10am Kristen - Rec Pool	AQUA FIT 9:00am Patti - Lap Pool	ARTHRITIS FIT 11:10am Kristen - Rec Pool	TABATA AQUA 9:00am Deb Q - Lap Pool	
		AQUA BLAST 6:45pm Sandy - Rec Pool	DEEP WATER CARDIO 6:45pm-7:30pm Joanne - Rec Pool	ARTHRITIS FIT 11:10am Kristen - Rec Pool	

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE SCULPT 8:30am(45min) - Lorrie	BARRE CORE BLAST 8:30am - Lynne	HEATED BARRE 5:45am - Lynne	BARRE CORE BLAST 8:30am - Danielle	BARRE STRETCH FUSION 8:30am - Lynne	RHYTHMIC BARRE BURN 7:00am(45min) - Amy B	HEATED BARRE 8:00am - Lorrie
STRETCH & RESET 9:30am - Nicole	BARRE PILATES FUSION 9:15am - Nicole	BARRE STRETCH FUSION 8:30am - Jessica M	CARDIO BARRE 9:15am - Nicole	BARRE 9:15am(45min) - Nicole	RHYTHMIC BARRE BURN 8:00am(45min) - Amy B	MAT PILATES 9:00am - Lorrie
BARRE STRETCH FUSION 10:30am - Jessica M	MODERATE YOGA 10:00am - Nicole	BARRE 9:15am - Nicole	POWER PILATES 10:00am - Nicole	STRETCH YOGA 10:00am - Nicole	HEATED POWER YOGA 9:15am - Pauline/ Kathleen	STRETCH YOGA 10:00am - Lorrie
RHYTHMIC BARRE BURN 11:00am - Amy B	POWER PILATES 11:00am - Danielle	STRETCH & RESET 10:00am - Nicole	MODERATE YOGA 11:00am(45min) - Nicole	TABATA PILATES 11:00am(45min) - Danielle	STRETCH YOGA 10:00am - Pauline/ Kathleen	SUNDAY EVENING YOGA 4:30pm
STRETCH YOGA 4:30pm - Jennifer	HEATED BARRE 4:30pm - Amy K	BARRE PILATES FUSION 11:00am - Nicole	MINDFUL YOGA 4:30pm - Kathleen	MINDFUL YOGA 5:30pm - Melissa		
HEATED BARRE 5:30pm - Lorrie	HEATED POWER YOGA 5:30pm - Kathleen	MINDFUL YOGA 4:30pm - Joanne	HEATED POWER YOGA 5:30pm - Kathleen			
POWER PILATES 6:30pm - Lorrie	YIN YOGA 6:45pm - Jennifer	HEATED BARRE 5:45pm(45min) - Melissa	RHYTHMIC BARRE BURN 7:00pm - Amy B	*ALL 8:30AM CLASSES ARE 30 MIN CLASSES Some classes are available starting March 2025, please check the WC App		
		POWER PILATES 6:45pm - Lorrie				

TEAM TRAINING SCHEDULE

Included with Elite Membership, or
Drop-In rate

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFTERBURN 5:30am - John	QUICK HIIT 9:30am - Amy B	LUNCH BREAK 12:00pm - Wes	LUNCH BREAK 12:00pm - Wes	AFTERBURN 5:30am - Michele	AFTERBURN 8:00am - John	AFTERBURN 9:00am - Alex
LUNCH BREAK 12:00pm - Wes	LUNCH BREAK 12:00pm - Christina	AFTERBURN 6:00pm - Amy B	AFTERBURN 4:30pm - Wes	QUICK HIIT 9:30am - Amy B	AFTERBURN 9:00am - Christos	AFTERBURN 10:00am - Alex
AFTERBURN 6:00pm - Jordan	AFTERBURN 4:30pm - Wes		AFTERBURN 6:00pm - Wes	LUNCH BREAK 12:00pm - Wes	AFTERBURN* - 55 MIN LUNCH BREAK - 45 MIN QUICK HIIT - 25 MIN *6PM AFTERBURNS RUN FOR 45 MINUTES	
	AFTERBURN 6:00pm - Wes			AFTERBURN 4:30pm - Maurice		

