

SALEM FITNESS CENTER

Group Exercise Schedule

(978)745-4007

Effective 6/20/10

	TIME	CLASS
M O N D A Y	6:00-6:45 a.m.	Spinning
	8:00-8:30 a.m.	Just Abs
	9:00-9:45 a.m.	Spinning
	8:30-9:30 a.m.	Cardio Kick Box
	5:45-6:45 p.m.	Muscle Conditioning
	6:00-6:45 p.m.	Spinning
	6:45-7:45 p.m.	Pilates
T U E S D A Y	6:00-6:45 a.m.	Cardio Kick Box
	6:45-7:00a.m.	Just Abs
	9:00-9:45 a.m.	Spinning
	9:00-10:00 a.m.	Yoga
	10:00-11:00 a.m.	Muscle Conditioning
	5:30-6:30 p.m.	Zumba
	5:30-6:15 p.m.	Spinning
	6:30-7:30 p.m.	30/30 (Kick Box & Muscle Cond.)
7:30-8:00 p.m.	Just Abs	
W E D N E S D A Y	6:00-6:45 a.m.	Spinning
	8:30-9:30 a.m.	Zumba
	9:00-9:45 a.m.	Spinning
	9:30-10:15 a.m.	Boot Camp
	6:00-7:00 p.m.	Yoga
	6:00-6:45 p.m.	Spinning
	7:00-8:00 p.m.	Pilates
T H U R S	6:00-7:00 a.m.	30/30 (Kick Box & Muscle Cond.)
	9:00-10:00 a.m.	30/30 (Zumba & Muscle Cond.)
	5:30-6:30 p.m.	Zumba
	6:30-7:30 p.m.	30/30 (TaeBo & Muscle Cond.)
F R I D A Y	6:00-6:45 a.m.	Spinning
	9:00-9:45 a.m.	Spinning
	9:00-10:00 a.m.	Pilates
	10:00-10:45 a.m.	Muscle Conditioning
S A T	7:30-8:30 a.m.	Step
	8:00-9:00 a.m.	Spinning
	8:30-9:30 a.m.	Cardio Kick Box
	9:15-10:00 a.m.	Spinning
	9:30-10:30 a.m.	Pilates
S U N	8:00-8:45 a.m.	Spinning
	8:30-9:30 a.m.	Zumba
	9:30-10:30 a.m.	Muscle Conditioning

Group Exercise Director – Deb Gillooly

Club Hours

Monday – Friday 5:30 a.m. – 10:00 p.m.

Saturday 7:00 a.m. – 7:00 p.m.

Sunday 7:00 a.m. – 5:00 p.m.

Cardio Kick Boxing — This phenomenal class combines aerobic kickboxing, self-defense, and boxing all done to today's hottest music. Fill up your water bottle, bring your towel, and be prepared to burn over 800 calories per hour!

Pilates — A full body workout that builds muscles without bulk through a series of controlled, precise movements. The exercises, which focus on proper alignment, improve flexibility and strength to the abdominal and back muscles.

Muscle Conditioning — A sculpting class that utilizes a variety of strength training accessories such as hand weights, body bars, and the latest muscle conditioning equipment all within our Group Exercise Studio.

Spinning — A group fitness activity in which each person rides a specially designed stationary bike to music. This 45-minute class combines high intensity workout with non-impact training techniques

Just Abs — Class targets all areas of the abdominal muscles. Get that flat stomach, six-pack abs and healthy back you want.

Yoga — A system of exercises to promote control of the body and mind. This class develops flexibility, strength and endurance through practice of postures and breathing.

30/30 — A great combination class made up of 30 minutes of Cardio and 30 minutes of Muscle Conditioning (check our schedule to see what the class mix is).

STEP — A great cardio class using actual step platforms. It is the cardio class that has stood the test of time

TAE BO — A high intensity cardio kick boxing class!

BOOT CAMP — A combination of cardio drills and muscle conditioning exercises to provide an easy to follow yet challenging workout

ZUMBA — An amazing cardio class based on Latin American Dancing

SALEM FITNESS CENTER
38 SWAMPSCOTT ROAD
SALEM, MA 01970
978-745-4007