

SALEM FITNESS CENTER

Group Exercise Schedule

(978)745-4007

Effective 11/13/11

	TIME	CLASS
M O N D A Y	6:00-6:45 a.m.	*Spinning
	8:30-9:30 a.m.	Cardio Kick Box
	9:00-9:45 a.m.	*Spinning
	5:45-6:30 p.m.	*Spinning
	5:45-6:45 p.m.	Muscle Conditioning
	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
	9:00-10:00 a.m.	*Spinning
	9:00-10:00 a.m.	Yoga
	10:00-11:00 a.m.	Muscle Conditioning
	4:45-5:45 p.m.	*Zumba Toning
	5:30-6:15 p.m.	*Spinning
5:45-6:45 p.m.	*Zumba	
	6:45-7:45 p.m.	30/30 (Kick Box & Muscle Cond.)
W E D N E S D A Y	6:00-6:45 a.m.	*Spinning
	8:30-9:30 a.m.	Zumba Toning
	9:00-9:45 a.m.	*Spinning
	9:30-10:30 a.m.	Muscle Conditioning
	6:00-7:00 p.m.	30/30 (Muscle Cond. & Pilates)
	6:00-6:45 p.m.	*Spinning
	7:00-8:00 p.m.	*Zumba
T H U R S	5:45-6:30 a.m.	*Spinning
	9:00-10:00 a.m.	30/30 (Zumba & Muscle Cond.)
	10:00-11:00 a.m.	Yoga
	4:45-5:45 p.m.	*Zumba
	5:45-6:45 p.m.	*Zumba
	6:00-6:45 p.m.	Spinning
	6:45-7:45 p.m.	30/30 (Tae Bo & 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
	10:00-11:00a.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

NO CELL PHONES ARE ALLOWED IN THE SPIN/GROUP EX ROOMS
NO MEMBER WILL BE ALLOWED TO ENTER 10 MINUTES AFTER CLASS STARTS

Cardio Kick Boxing —This phenomenal class combines aerobic kickboxing, self-defense, and boxing all done to today's hottest music.

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.

Just Abs — Class targets all areas of the abdominal muscles.

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.

TAE BO – A high intensity cardio kick boxing class!

ZUMBA – An amazing cardio class based on Latin American Dancing

ZUMBA TONING – Zumba Dance utilizing lightweight toning sticks or dumbbells to emphasize muscle work along with rhythms.

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38 SWAMPSCOTT ROAD

SALEM, MA 01970

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