



GROUP FITNESS SCHEDULE

New Schedule coming week of 12.2.19!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CYCLING* 5:30am Peg		CYCLING* 5:30am Peg		CYCLING* 5:30am Peg	
		MUSCLES IN MOTION 8:30am Deb (30 Min)		MUSCLES IN MOTION 8:30am Deb (30 Min)		EXPRESS CYCLING* 8:00am Lawrence (30 Min)
	BODYSULPT 9:00am Bridget (75 Min)	DANCE FITNESS 9:00am Deb	SCULPT INTERVALS 9:00am Bridget (75 Min)	DANCE FITNESS 9:00am Deb	CARDIO/BOX VARIETY 9:00am Bridget (75 Min)	Pilates/Stretch 8:30am Lawrence
		CYCLING* 9:00am Tricia		CYCLING* 9:00am Sue		
		MUSCLE STRENGTH Noon Judy	PILATES Noon Bridget	TRX CIRCUIT Noon Bridget	PILATES Noon Bridget	
	YOGA 4:15pm Jeannine	CARDIO + CORE 4:30pm Bridget		SCULPT + STRETCH 4:30pm Jeannine		
	CYCLING* 5:30pm Tricia		CYCLING* 5:30pm Lawrence	Pilates/Stretch 5:45pm Lawrence (45 Min)		

OPEN 24 HOURS PER DAY, EVERYDAY!!

ALL CLASSES ARE FOR EVERY FITNESS LEVEL!

428 Winchester Street
Keene, NH 03431
603-352-5622

Online pre-registration required for Cycling classes www.option1fitness.com

STAFFED GYM HOURS:
Mon.- Fri: 10am - 6pm & Sat: 10am – 2pm

ALL GROUP FITNESS
CLASSES ARE INCLUDED
WITH YOUR MEMBERSHIP
COST!