



609-654-1440 | 3 Nelson Drive • Medford | www.medfordfitness.com

December 3rd, 2018 - February 24, 2019

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15 AM		Vicious Cycle <i>Andrea</i>	Ripped & Ride <i>Andrea</i>	Training Ride <i>Katie</i>	(5:30 AM) Kickboxing	Joyride <i>Mary</i>	7:45 AM Muscle Maxx <i>Debbie R.</i>
8:15 AM		Ripped & Ride <i>Jayne</i>	Express Spin <i>Maria (45 min)</i>	MUSCLE MAXX <i>Kim</i>	Express Spin <i>Chris (45 min)</i>	Muscle Definition <i>Lori</i>	8:00 AM Joyride <i>Kim</i>
8:15 AM	8:30 AM Joyride <i>Maria</i>		Kickboxing		Kickboxing		8:30 AM Kickboxing
9:00 AM	Total Body Fitness <i>Jen</i>	Aqua Fitness <i>Betty</i>		Aqua Fitness <i>Joyce</i>			Total Body Fitness <i>Jen G.</i>
9:30 AM		Total Body Fitness <i>Kelly M.</i>	Muscle Definition <i>Kim</i>	Calorie Blaster <i>Jayne</i>	Muscle Maxx <i>Kelly M.</i>	Box & Burn <i>Kelly</i>	
9:30 AM		Joyride <i>Andrea</i>	Ripped & Ride <i>Kathleen</i>	Joyride <i>Kim</i>	Ripped & Ride <i>Andrea</i>	Vicious Cycle <i>Chris/Andrea</i>	Ripped & Ride <i>Jayne</i>
9:30 AM		Kickboxing		Kickboxing		Kickboxing	
10:00 AM	Soul Sweat Yoga (75 min) <i>Anneliese</i>					Aqua Fitness <i>TBA</i>	Zumba <i>Sasha</i>
10:30 AM		Gentle Stretch <i>Kathleen</i>	Pilates Core <i>Linda</i>	Yoga <i>Kim</i>	Floor Sculpting <i>Jayne</i>	Yoga/Core <i>Linda</i>	Fundamentals
11:40 AM		SS MSROM <i>Kathleen</i>		SS MSROM <i>Maria</i>		SS Cardio <i>Linda</i>	11:15 AM Yoga <i>Kathleen</i>
4:30 PM			Ripped & Ride <i>Kelly</i>	Kickboxing	Ripped & Ride <i>Leah</i>		
5:30 PM		Total Body Fitness <i>Deb</i>	Calorie Blaster <i>Jen</i>		Muscle Max <i>Katie</i>		
5:30 PM				Total Body Fitness <i>Deb</i>			
5:30 PM		Ripped & Ride <i>Katie</i>	6:00 PM Kickboxing	Cycling + Abs <i>Mary</i>	6:00 PM Kickboxing	6:00 PM Happy Hour Yoga <i>Anneliese</i>	
6:30 PM		Yoga <i>Kathleen</i>	Joyride <i>Stephanie</i>		ZUMBA <i>Edena</i>		
6:30 PM			Muscle Maxx <i>Jen</i>	Power Yoga <i>Anneliese Jennifer</i>			