



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

Summer Group Exercise Schedule 6/13/2022 - 9/5/2022

****starting July 1st**

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM				Heavy Bag Lori		Weights Lori	
8:30AM		**Ride & Guts/Butts Chris	Ripped & Ride Andrea		Spin Kim		Weights Debbie
8:45AM				30 minute Step Chris			
9:00AM						**BoxFit Kelly	
9:30AM	Weights Jen	Sculpting Rx Kelly	Cardio Jayne	Weights Chris	Cardio/Tone & Stretch Linda		Cardio Step Mix Kelly/Chris/Jayne
9:30AM			Spin Kim	Heavy Bag Jayne		Ripped & Ride Jayne	Spin Maria
9:30AM			Aqua Ella		Aqua Ella		
10:30AM		Stretch Express Kelly	Pilates Fusion Kim			Core Express Linda	
11:15AM		Silver Sneakers Maria		Silver Sneakers Maria		Silver Sneakers Linda	
4:30PM			Guts & Butts Chris	Weights Andrea	BoxFit Jayne		
5:30PM		Cardio & Weights Emma	PUMP Kelly	Cardio Debbie			
5:30PM			Heavy Bag Jen		Heavy Bag Jayne		
6:30PM			Yoga Robin		Yoga Cheryl		