

effective November 5, 2017

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Studio A

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	F.I.T. Ann	Strength Train Ann	LES MILLS BODYPUMP Peter	LES MILLS BODYCOMBAT Kim (45 min)	LES MILLS BODYPUMP Tori	7:30 AM	LES MILLS BODYPUMP Alternate	LES MILLS BODYPUMP Alternate
8:30 AM	HIIT Valerie	TABATA Doria	F.I.T. Cheryl	LES MILLS BODYPUMP Kyra	Strength Train Valerie	8:30 AM	LES MILLS BODYCOMBAT Alternate	ZUMBA Alternate
9:15 AM	ZUMBA Terri		Strength Train Cheryl		Dance Fit Elizabeth/Evelyn	9:30 AM	LES MILLS BODYPUMP Alternate	F.I.T. Alternate
9:30 AM		ZUMBA Carrie		LES MILLS BODYCOMBAT Kyra		10:30 AM	ZUMBA/Mixed/ POUND Alt	
10:15 AM	Cardio Strength Doria		POUND Carrie		LES MILLS BODYPUMP Tracy			
10:30 AM		Actively Ageless Karol (45 min)		HIIT Valerie				
12:00 PM	LES MILLS BODYCOMBAT Tracy	LES MILLS BODYPUMP Tracy		ZUMBA Evelyn				
4:30 PM		Strength Train Jen A		Cardio Strength Jen A				
5:30 PM	F.I.T. Deb F	MIXEDFIT Becca	ZUMBA Becca	LES MILLS BODYPUMP Katherine				
6:30 PM	POUND Melissa B	LES MILLS BODYPUMP Kristen	LES MILLS BODYCOMBAT Tracy	MIXEDFIT Kyle				
7:30 PM	MIXEDFIT Kyle		LES MILLS BODYPUMP Tori	POUND Shanley				

Studio B

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
6:15 AM		Vinyasa Flow Cheryl		Yoga Core Karen		8:00 AM	Vinyasa Flow Alternate (75 min)	
9:00 AM				Pilates Cheryl/Suzy	Yin Yoga Arasely	9:30 AM	Pilates Alternate	Hatha Yoga Alternate (75 min)
9:15 AM	* BARRE Doria	Pilates with Props Allison	* BARRE Allison			10:30 AM	* BARRE Alternate	
10:15 AM	* STABY Core Elizabeth S	Integral Yoga Sarah (75 min)	Classic Pilates Allison	* BARRE Elizabeth	Pilates Elizabeth St.D			
11:15 AM					* BARRE/STABY Core Elizabeth St.D			
11:30 AM		Pranayama Breath Sarah (15 min)						
12:00 PM	Vinyasa Flow Genevieve	* BARRE Allison	Hatha Yoga Donna	Vinyasa Flow Genevieve				
4:30 PM	* BARRE Elizabeth St.D		* STABY Core Elizabeth St.D (45m)	Pilates Elizabeth S				
5:30 PM	Pilates Strength Allison	Vinyasa Flow Charles	* BARRE Elizabeth St.D	Vinyasa Flow Arasely				
6:30 PM	Hatha Yoga Donna (75 min)		Vinyasa Flow Karen (75 min)	Yoga Core Arasely				

* BARRE, STABY Core & STABY Flow classes require pre-registration & an additional fee. These classes are FREE for Premier members.

Spinning

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		SPINNING Alicia		SPINNING Ann	SPINNING Anne	7:00 AM	SPINNING Amiee	
8:15 AM	SPINNING Alternate		SPINNING Tracy			8:30 AM	SPINNING Alicia (60 min)	SPINNING Anne (60 min)
9:15 AM	SPINNING Cheryl				SPINNING Jen S			
9:30 AM		SPINNING Sharon		SPINNING Doria				
12:15 PM	SPINNING Leah L		SPINNING Nichole		SPINNING Michelene			
5:30 PM		SPINNING Michelene		SPINNING Nichole				
6:00 PM	SPINNING Kristen (60 min)		SPINNING Katherine (60 min)					
6:30 PM		SPINNING Nichole						

Group Aquatics

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
8:30 AM						8:30 AM	Aqua Mix Alternate	
9:00 AM	Aqua Strength Evelyn	Aqua Strength Karol	Hydro Fit Sandie	Aqua Zumba Evelyn	Hydro Intervals Sandie			
12:15 PM	Aqua Strength Evelyn		Aqua Zumba Carrie/Evelyn					

XPRESS FITNESS
Located at
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(603) 314-8900
www.expressfitnessnh.com

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		Spin-Fit Tammy	Spinning Tammy	Spin-Fit Tammy	Spinning Cassie	7:30 AM	* Kettle Bell Fusion	
7:30 AM	* Kettle Bell Fusion	* Kettle Bell Fusion	* Kettle Bell Fusion	* Kettle Bell Fusion	* Kettle Bell Fusion	8:30 AM	Spinning Ann	
8:30 AM		Spin/Core Lauren		Spin/Core Lauren		9:30 AM	Strength Train Alternate	Spinning Alternate (60 min)
9:15 AM	Spinning Sharon	HIIT Valerie	Strength Train Karol	ZUMBA! Terri G	Spinning Nichole			
10:15 AM	Strength Train Sharon	Pilates Elizabeth S	Spinning Karol	Vinyasa Yoga Arasely	Strength Train Cassie			
12:00 PM	* Kettle Bell Fusion	* Kettle Bell Fusion	* Kettle Bell Fusion	* Kettle Bell Fusion	* Kettle Bell Fusion			
4:30 PM		ZUMBA! Elizabeth St.D		POUND Melissa B				
5:30 PM	* Kettle Bell Fusion	Pilates Elizabeth St.D	* Kettle Bell Fusion	Hatha Yoga Charles	* Kettle Bell Fusion			
6:30 PM	Hatha Yoga Charles (75 min)	* Kettle Bell Fusion	Spin-Fit Jim	* Kettle Bell Fusion				

* KETTLE BELL FUSION classes require pre-registration & an additional fee. Included with Cross Training Membership.