

effective September 3, 2017

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Studio A

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM	F.I.T. Ann		LES MILLS BODYPUMP Peter	LES MILLS BODYCOMBAT Tracy (45 min)	Strength Train Ann	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		ZUMBA Elizabeth/Lisa C	9:30 AM	LES MILLS BODYPUMP Alternate	F.I.T. Alternate
9:30 AM		ZUMBA Carrie		LES MILLS BODYCOMBAT Kyra				
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 Lisa C / Valerie				
4:30 PM		Strength Train Jen A		Cardio Strength Jen A				
5:30 PM	F.I.T. Deb F	MIXXEDFIT Becca	ZUMBA Becca	LES MILLS BODYPUMP Katherine				
6:30 PM	POUND Melissa B	LES MILLS BODYPUMP Kristen	LES MILLS BODYCOMBAT Tracy	MIXXEDFIT Kyle				
7:30 PM	MIXXEDFIT Kyle		LES MILLS BODYPUMP Tracy	POUND Shanley				

Studio B

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

* 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 Jen S			8:30 AM	SPINNING Alicia (60 min)	SPINNING Anne (60 min)
9:15 AM	SPINNING Cheryl				SPINNING Tracy			
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	Hydro Intervals Elizabeth St.D	Aqua Strength Karol	Hydro Fit Sandie	Hydro Intervals Elizabeth S	Hydro Intervals Sandie			
12:15 PM			Aqua Boot Camp Elizabeth S (45 min)					

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	TIME	SATURDAY	SUNDAY
5:30 AM		Spin-Fit Tammy	Spinning Tammy	Spin-Fit Tammy		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 Alternate	
9:15 AM	Spinning Sharon	HIIT Valerie	Strength Train Karol	ZUMBA! Terri G	Spin/Core Melissa F (75 min)	9:30 AM	Strength Train Alternate	Spinning Alternate (60 min)
10:15 AM	Strength Train Sharon	Pilates Elizabeth S	Spinning Karol	Vinyasa Yoga Arasely				
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.