



Reservoir Place Group Fitness Schedule

781-890-8422

Updated 01/01/12

Monday	Tuesday	Wednesday	Thursday	Friday
	6:45am – 7:45am Boot Camp		7am - 8am Boot Camp	
12pm - 1pm *Spinning		12pm - 1pm Muscle Conditioning	12pm - 1pm *Spinning	12pm - 1pm Yoga
	1pm - 2pm Yoga	1pm - 2pm *Spin & Sculpt		
	5:45pm - 6:15pm Cardio Challenge			

CLASS DESCRIPTIONS

BOOT CAMP: A combination of calisthenics, military-style drills and muscular conditioning exercises to provide an easy to follow yet challenging workout.

CARDIO CHALLENGE: A boot camp style cardio class that will have you running, jumping, squatting and sweating. Fun and effective way to incorporate cardio into your fitness routine!

MUSCLE CONDITIONING: A class that uses weights, body bars, and gravity to strengthen and tone all major muscle groups.

SPINNING: A high intensity stationary cycling class that involves interval training.

SPIN & SCULPT: A moderate- to high-intensity class that combines spinning and muscle conditioning using weights, body bars and other props to strengthen and tone all major muscles groups.

YOGA: This class is applicable for all levels. A class designed to relieve tension and stress through breathing techniques, stretching, meditation and body postures. Students use their breath to guide their bodies in continuous movement linking several postures together. Students will also have the option to take various modifications to make postures more attainable or more challenging. Be prepared to sweat, have fun and enjoy the process of opening your body and your mind.

**Sign up is required in advance for all Spinning classes.
Classes may be added or deleted depending on interest and participation.*