

SSC GREAT BAY GROUP FITNESS

| | MON | TUES | WED | THUR | FRI |
|---------|--------------------------|--|----------------------|-----------------------------------|--------------------------------------|
| 5:30am | Body Pump Andrea | CXWORX Andrea | Body Pump Nancy | RPM* Deb | Strength Training Nancy (5:15am) |
| 6:00am | | | | | CXWORX Nancy |
| 9:15am | Body Pump Megan | Body Combat Jocelyn | Body Pump Lynn S. | Zumba Kathy | Body Step Express Ashley |
| | | RPM* Natalie | HEAT Kelly L. | RPM* Natalie | RPM* Laura |
| | | | | | HEAT Kelly L. |
| 10:15am | | Pilates Michele M. (Begins at 10:30am) | | Pilates Kathy | CXWORX Ashley (Begins at 10am) |
| 5:30pm | Body Pump Nancy | Zumba Courtney | Body Step Liz | Kettlebell (on turf) Sophie | |
| | Barre* Stacey | Spin* Stacey | Barre* Stacey | RPM* Kristen | |
| 6:15pm | | | Wallyball Court 2 | | |
| 6:30pm | Body Combat Elizabeth | Body Flow Kim | Body Pump Kristen | Yoga Leah | |

| | SAT | SUN |
|--------|---------------------------------|---------------------|
| 7:00am | Boot Camp Nancy | 9:15am |
| 8:15am | Body Step Josephine | Body Step Liz |
| | Spin* Instructors Rotate | 10:15am |
| 9:00am | Intro to Racquetball Court 4 | Body Flow Sophie |
| 9:15am | Body Pump Andrea | |

**Schedule Begins
December 3, 2018**



SEACOAST
SPORTS CLUB

*** Denotes classes held
in the upstairs studio**

Group Fitness Director

Debbie Charette

debbie@seacoastsportsclubs.com

WEST END

95 Brewery Lane
Portsmouth, NH
603-431-1430

GREAT BAY

191 Exeter Road
Newmarket, NH
603-659-3151

GREENLEAF

8 Greenleaf Woods Drive
Portsmouth, NH
603-436-6664

ATLANTIC

920 Lafayette Road
Seabrook, NH
603-474-8200