



SEACOAST  
SPORTS CLUB

# ATLANTIC GROUP FITNESS SCHEDULE

as of 3/4/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30am	<b>BARRE</b> FUSION June	RPM Maggie	BODYPUMP 45 mins Maggie	CORE FUSION June	BODYCOMBAT Jocelyn			
7:30am	tone Katie	BODYPUMP Allison O.	20/20/20 June	BODYSTEP Giovanna	BODYFLOW Allison O.	7:30am	BODYSTEP 7:30am 30 min Olivia	
8:30am	Functional Strength for Athletes Jen		<b>BARRE</b> Melanie/Olivia	30 in 30 Jeff		8:00am	BODYPUMP 8am Denise	GENTLE YOGA Colleen
9:15am	SPIN Carla	BODYPUMP CXWORX Danielle	RPM Allison O.	SPIN Allison Q.	BODYPUMP 45 min Danielle	9:00am	BODYCOMBAT 9am Denise RPM 9am Mariah	CIZE Adrienne
10:30am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie	10:00am	YOGA-Intermediate Linda/Laurel	PURE MUSCLE Adrienne
4:00pm			HAMPTON PT Pilates Remix Becca			<b>NOTE! WEEKEND CLASS TIMES ARE DIFFERENT THAN WEEKDAYS! SEE ABOVE</b>		
5:15pm	CARDIO DANCE Adrienne	RPM Mariah	CARDIO DANCE Adrienne	BODYPUMP Mariah	RPM Mariah			
6:15pm	BODYPUMP 45 min Jenna	20/20/20 Allison Q.	PURE MUSCLE Adrienne	BODYCOMBAT Denise				
7:15pm	HAMPTON PT Pilates Remix Becca							

## GROUP TRAINING (see front desk for pricing)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:15am					Some Like it Fit Jen	8:15am	Some Like it Fit Jen	
8:30am		Some Like it Fit Jen						
9:15am	6 Week Slim Down Danielle			6 Week Slim Down Danielle				
5:30pm		HIIT Denise		HIIT Denise				

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