

GBAC Group Exercise Schedule Fall 2019

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	BODYPUMP Andrea		<u>NEW CLASS</u> Cardio Boot Camp Nancy above turf	BODYSTEP Ashley RPM Deb			
7:00 am						Boot Camp Nancy	
7:30 am	<u>New Class</u> Balance Bands & Balls Kathy W	BARRE Melanie		BARRE Melanie			
8:00 am					BODYPUMP Giovanna	BODYSTEP Josephine	<u>New Class</u> Silver Strength Courtney
8:15 am			RPM EXPRESS Lynn S 8:30 start			SPIN/RPM R.I.	
9:00 am					BODYSTEP Ashley	BODYPUMP Andrea	SPIN/RPM R.I. BODYSTEP Liz
9:15 am	BODYPUMP Megan	Cardio /Sculpt Debbie RPM R.I.	BODYPUMP Lynn S.	Zumba Kathy RPM R.I.	RPM Giovanna		
10:30 am	Vinyasa Yoga Linda ***	Pilates Michelle	Gentle Yoga Leah ***	Pilates Kathy 10:15 start			Vinyasa Yoga Kim *** 10:00 start
PM	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
4:30 pm	BARRE Stacey	Classic Step Combo Tina	BARRE Stacey	<u>New Class</u> POUND Jessie			
5:30 pm	RPM EXPRESS & CORE Deb BODYPUMP Nancy	SPIN Stacey <u>New Class</u> Club Dance Jen	RPM EXPRESS & CORE Laura BODYSTEP Liz	RPM Kristen <u>New Class</u> Kickboxing Jen	Group Exercise Director Debbie Charette debbie@seacoastsportsclubs.com Please visit us @ www.GBACNH.com		
6:30 pm	<u>New Class</u> Kickboxing Jen	Yoga Pilates Kim ***	BODYPUMP Stephanie	Gentle Yoga Leah ***	R.I. indicates Rotating Instructors *** Indicates class is held in the New upstairs Yoga Studio		

