

SSC WEST END GROUP FITNESS

	MON	TUES	WED	THUR	FRI		SAT	SUN	
6:00am	RPM Kristen	Body Pump Kristen Spin Sarah	RPM Jay HEAT Chris	Body Pump Nancy Spin Sarah	Spin Christine	8:15am	RPM Angela Body Combat Elizabeth	8:30am Power Yoga Michelle	
8:15am				Barre Mackenzie			8:45am		
9:15am	Barre Lynn M. HEAT Meg RPM Lynn S.	HEAT/TRX Combo Heather Body Pump Lee	Body Combat Jocelyn/ Meg Spin Trapper	Barre Samantha HEAT Heather RPM Lee	Body Pump Lynn M. TRX Heather Spin Trapper	9:15am	Body Pump Lee TRX Heather HEAT Instructors Rotate	RPM Kristen / Lee 10:00am	
	Yoga Lynn M.		Barre Samantha	Core Yoga Fusion Lynn M.	Yoga Lynn S.		10:20am	Barre Express Lynn M.	Yoga Lynn M.
	HEAT Tara/Bri RPM Natalie	TRX Heather	HEAT Meg 30 min HIIT Spin Nick	Body Pump Megan	Body Combat Meg HEAT/TRX Combo Heather				
4:30pm	Body Combat Meg	HEAT Chris RPM Lee	Body Pump Angela Pilates Deb	Barre Mackenzie	Yoga Lynn M. Pilates Deb				
5:30pm	Body Pump Matt HEAT Tara RPM (5:45pm) Harmani	Body Combat Kelly RPM (6:00pm) Coming Soon!	Barre Mackenzie	Body Pump Matt SPIN (6:00pm) Deb L.					
	Pilates Deb	Barre Kristen V.	Yoga Lynn S.	Power Yoga Michelle					

Schedule begins
November 26, 2018

**All classes are 45-55 minutes
unless otherwise noted



SEACOAST
SPORTS CLUB

Regional Group Fitness Director

Chris Clifford

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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