

SSC WEST END GROUP FITNESS

	MON	TUES	WED	THUR	FRI		SAT	SUN
6:00am	RPM Kristen	Body Pump Kristen	RPM Jay	Body Pump Nancy	Spin Christine	8:15am	RPM Angela	8:30am
	HEAT Starts 1/21	Spin Sarah	HEAT Chris	Spin Sarah	TRX Haley		Body Combat Elizabeth	Power Yoga Michelle
8:15am					Barre Mackenzie			8:45am
9:15am	Barre Lynn M.	HEAT/TRX Combo Heather	Body Combat Jocelyn/ Meg	Barre Sam	Body Pump Lynn M.	9:15am	Body Pump Lee/Chris	RPM Kristen / Lee
	HEAT Meg			HEAT Heather	TRX Heather		TRX Heather	
	RPM Lynn S.	Body Pump Lee	Spin Trapper	RPM Lee	Spin Trapper		HEAT Ashley	10:00am
10:15am	Yoga Lynn M.		Barre Madeleine	Core Yoga Fusion Lynn M.	Yoga Lynn S.			Yoga Lynn M.
12:15pm	HEAT Sue/Bri	TRX Heather	HEAT Meg	Body Pump Megan	Body Combat Meg	10:20am	Barre Express Lynn M.	
	RPM Natalie		30 min HIIT Spin Nick		HEAT/TRX Combo Heather			
4:30pm	Body Combat Meg/ Elizabeth	HEAT Chris	Body Pump Angela	Barre Mackenzie	Yoga Lynn M.			
		RPM Lee	Pilates Deb		Pilates Deb			
5:30pm	Body Pump Matt	Body Combat Instructors Rotate	Barre Mackenzie	Body Pump Matt				
	HEAT Madeleine					SPIN (6:00pm) Deb L.		
	RPM (5:45pm) Harmani		TRX Cate					
6:30pm	Pilates Deb	Barre Kristen V.	Yoga Lynn S.	Power Yoga Michelle				

Schedule begins
January 7, 2019

**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
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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