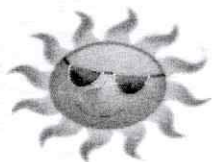


# Summer Schedule

Effective 6/29/25

## GROUP EXERCISE



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00AM ZUMBA	9:30AM 30 MINUTE CARDIO**	8:50AM BODY SHAPING	9:30AM 30 MINUTE CARDIO	8:45AM SPINNING	9:00AM BOSU BALANCE & CORE*	9:30AM CARDIO/ SCULPT
9:00AM SPINNING	10:00AM WEIGHTS & ABS	9:30AM ZUMBA	10:00AM WEIGHTS & ABS	9:30AM BODY SHAPING	9:15AM BODY SHAPING	10:15AM ABS
9:45AM 30 MINUTE CARDIO	10:30AM ZUMBA		10:30AM ZUMBA	10:15AM LATIN CARDIO & SCULPT	10:00AM 30 MINUTE CARDIO**	10:30AM UPPER & LOWER BODY
10:15AM ABS EXPRESS	10:30AM YOGA	10:30AM YOGA	10:30AM RESTORATIVE YOGA	10:30AM YOGA	10:15AM YOGA	11:00AM ZUMBA
10:30AM BARRE#	5:45PM BODY SHAPING	New time! 12:15PM CHAIR YOGA	5:45PM PILATES & SCULPT	1:00PM CHAIR YOGA	10:30AM ZUMBA GOLD	
#class will sometimes include Pilates (sched will be posted)	6:30PM ZUMBA	6:00PM STEP & SCULPT	6:30PM ZUMBA			
	6:30PM YOGA	6:30PM ZUMBA		6:00PM STEP & SCULPT		
				6:30PM ZUMBA		
				6:30PM YOGA		

**ZUMBA**  
FITNESS

\*BOSU will  
be held on  
1st Fri of  
month only  
\*\*will be  
Cardio/ Step  
1st Mon & Fri  
of month

Yoga classes held in Studio B, except Chair Yoga (Studio A)

Spinning classes held in Spinning Room

All other classes held in Studio A

Mats are available for use, but members may choose to bring their own.



**NORTHEAST RACQUET & FITNESS CENTER**

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