




































Group Exercise Schedule

Effective March 1, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6:00 AM		Brie 											
8:30 AM						Nina 							
9:30 AM	Eileen  Lori 	Nancy 	Nancy  Emily / Danielle 	Eileen 	Nina  Laura 	Staff  Nancy 	Brie/Nancy  Lori/Anika 						
10:45 AM		Annie 		Margaux Yoga	Jennifer 	Laura / Emily (10:30 AM) 	Lori / Megan 						
12:00 PM	Darren 		Leanne 			<p><i>Your path to success!</i></p> <p style="text-align: center;">FIT ACTIVE LEAN</p> <h1 style="text-align: center; margin: 0;">FOREVER FIT</h1> <hr style="border: 1px solid red;"/> <p style="text-align: center;">Fitness Center</p> <p style="text-align: center;">191 Watertown Street - Watertown, MA 617.964.1188 - www.stayforeverfit.com</p> <p style="text-align: center;">CLUB HOURS:</p> <table style="width: 100%; border: none;"> <tr> <td style="width: 50%;">Monday - Thursday</td> <td style="width: 50%;">5 AM - 10 PM</td> </tr> <tr> <td>Friday</td> <td>5 AM - 9 PM</td> </tr> <tr> <td>Saturday and Sunday</td> <td>7 AM - 6 PM</td> </tr> </table>		Monday - Thursday	5 AM - 10 PM	Friday	5 AM - 9 PM	Saturday and Sunday	7 AM - 6 PM
Monday - Thursday	5 AM - 10 PM												
Friday	5 AM - 9 PM												
Saturday and Sunday	7 AM - 6 PM												
5:30 PM	Jennifer 	Darren 	Laura 	Nina 	Laura 								
6:30 PM	Kim  Renee 	Nancy  Laura 	Eileen  Jennifer 	Jessa 	Emily/Danielle 								
7:30 PM		Emily 		Alison / Melissa 									

In case of inclement weather, please call to confirm classes.

Please see the reverse side for a description of classes.