


































Group Exercise Schedule

Effective June 14, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
8:30 AM						Nina 		
9:30 AM	Eileen 	Renee 	Nancy 	Nancy  Emily / Danielle 	Eileen 	Nina  Laura 	Nancy  Brie/ Nancy  Lori/ Anika 	
10:45 AM		Annie 			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: 2px 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> <p style="text-align: center;">Monday - Thursday 5 AM - 10 PM Friday 5 AM - 9 PM Saturday and Sunday 7 AM - 6 PM</p>		
5:30 PM	Jennifer 	Darren 	Eileen  Laura 	Nina 	Laura 			
6:30 PM	Kim 	Renee 	Nancy  Laura 	Jennifer 	Jessa 	Emily/Danielle 		
7:30 PM		Emily 		Melissa 				

A Few Reminders:

- * A minimum of 3 participants must be present at the start of class in order for class to be held.
- * Space is limited in some classes. Participation is on a first-come, first-service basis, so arrive early to ensure a spot in class.
- * Please allow yourself ample time to set up before class begins! The warm-up is a very important part of every class and should not be ignored!
If you do arrive late for class, please make sure you warm up ahead of time and pick a spot in the back of the class to avoid distractions.
- * Please refrain from using the stereo equipment in the Cardio studio. It is to be used by instructors only.
- * Children are not allowed in the class under any circumstance. Babysitting is provided Mon-Fri 9 am-1 pm and 5 pm-8pm; Sat 9-noon
- * Please see the reverse side for a description of classes.
- * In case of inclement weather, please call to confirm classes 617 964-1188