



SEACOAST SPORTS CLUB

Hampton Summer Group Fitness Schedule

311 Winnacunnet Rd
Hampton, NH 03842
603-758-7181

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 AM		PUMP (Jeff)		Tabata Training (Amy)			
6:00 AM	Total Body (Rotating Instructors)		Barre Fusion (June)		Core Fusion (June)		
8:15 AM						Turbo Kick (Jen)	Yoga-Gentle (Colleen)
8:45 AM	PUMP (Jeff)	Barre Fusion (Melanie)	Total Body (Linda)	Barre Fusion (Melanie)	PUMP (Jeff)		
9:30 AM						PUMP (Jeff)	CIZE (Adrienne)
10:30 AM						Yoga-Intermediate (Colleen/Linda)	
NOON		Yoga-Intermediate (Grace)		Yoga-Intermediate (Linda)			
4:45 PM	Cardio Dance+ (Adrienne)		CIZE (Adrienne)		Yoga-Gentle (Linda)		
6:00 PM	STRONG (by Zumba) (Amy)	20/20/20 (Allison)	POUND (Adrienne)	Pure Muscle (Adrienne)	Cardio Dance Party (Jess)		

ALL CLASSES ARE 45 MIN-1 HOUR/IF POSSIBLE, HAVE A MAT WITH YOU.

Visit www.seacoastsportsclubs.com for more information. SCHEDULE SUBJECT TO CHANGE