



S E A C O A S T
SPORTS CLUB

Hampton Winter Group Fitness Schedule

| TIME | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|----------|--|--------------------------------------|-------------------------------|-------------------------------------|--|---|-------------------------------------|
| 5:30AM | | PUMP (Jeff) | | Fitness Boot Camp (Amy) | | | |
| 6:00 AM | Cardio Dance & Conditioning (Adrienne) | | Barre Fusion (June) | | Core Fusion (June) | | |
| 8:15 AM | | | | | | Power Hour (Debbie) | Yoga-Gentle (Colleen) |
| 8:45 AM | PUMP (Jeff) | Total Body (Linda) | Power Hour (Debbie) | Fusion Mix (Jeff) | Cardio/Strength Circuit (Debbie) | | |
| 9:30 AM | | | | | | POUND (Adrienne) | CIZE (Adrienne) |
| 10:30 AM | | | | | | Yoga-Intermediate (Colleen/Linda) | Pure Muscle (Adrienne) |
| NOON | Pure Muscle (Adrienne) | Yoga-Intermediate (Teresa) | PUMP (Jeff) | Yoga-Intermediate (Linda) | 20/20/20 (Jeff) | | |
| 4:45 PM | Zumba+ (Debbie) | Dance-n-Tone (Tina) | CIZE (Adrienne) | Pure Muscle (Adrienne) | Yoga-Gentle (Colleen) | | |
| 6:00 PM | STRONG <small>(by Zumba)</small> (Amy) | 20/20/20 (Allison) | POUND (Adrienne) | 20/20/20 (Adrienne) | Zumba (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