



SEACOAST
SPORTS CLUB

ATLANTIC GROUP FITNESS SCHEDULE

BEGINS 6/11/18

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
5:30am		RPM Maggie	BODYPUMP 45 mins Maggie		BODYCOMBAT Jocelyn			
7:30am	tone Katie	BODYPUMP Allison	tone Giovanna	BODYSTEP Giovanna	BODYFLOW Allison	7:30am	BODYSTEP ATHLETIC 7:30am Olivia	
8:30am	Functional Strength for Athletes Jen					8:00am	BODYPUMP 8am Denise	
9:15am	SPIN Carla	BODYPUMP CXWORX Danielle	BARRE Olivia RPM Allison	BODYSTEP ATHLETIC BODYFLOW 30/30 Olivia	BODYPUMP 45 mins Danielle SPIN Carla	9:00am	BODYCOMBAT 9am Denise RPM 9am Mariah	
10:30am	Silver Strength Katie	Silver Strength Katie	Chair Yoga Pam	Silver Sneakers Pam	Silver Strength Katie	** PLEASE MAKE NOTE OF WEEKEND CLASS TIMES **		
5:15pm	BODYSTEP ATHLETIC BODYFLOW 30/30 Olivia	RPM Mariah		BODYPUMP Mariah				
6:15pm	BODYPUMP 45 mins Jenna	BARRE Olivia	CXWORX SH'BAM 30/30 Danielle	BODYCOMBAT Denise				

GROUP TRAINING *see front desk for pricing

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY	SUNDAY
8:15am					Some Like it Fit Jen	8:15am	Some Like it Fit Jen	
8:45am	GRIT Danielle	Some Like it Fit Jen						
5:30pm		GRIT Denise	TRX Suspension Training Denise	GRIT Denise				

www.SeacoastSportsClubs.com
920 Lafayette Rd.
Seabrook, NH 03874
603-474-8200

Danielle Hornsby, Group Fitness Director Danielle@SeacoastSportsClubs.com