

# SSC WEST END GROUP FITNESS

	MON	TUES	WED	THUR	FRI		SAT	SUN
6am	RPM Kristen	Body Pump Kristen	RPM Jay	Body Pump Nancy	Spin Christine	8:15am	RPM Angela	8:30am
	HEAT Derek		HEAT Chris		TRX Lauren		Power Yoga Michelle	
9:15am	Barre Lynn	Body Pump Lee / Megan	Body Combat Jocelyn/ Meg	Barre Julia	Body Pump Lynn	9:15am	Body Pump Chris / Lee	8:45am
	HEAT Meg		HEAT Heather	TRX Heather	RPM Kristen / Lee			
	RPM Lynn S		Spin Trapper	RPM Lee	Spin Trapper			
10:15am	Yoga Lynn		Barre Julia	Core Yoga Fusion Lynn	Yoga Izzi		HEAT Ashley	10am
12:15pm	HEAT Heather	TRX Heather	HEAT Meg	Body Pump Megan	Body Combat Meg	10:15am	Barre Express Lynn	Yoga Lynn
	RPM Natalie		30 min HIIT Spin Nick	Spin Sarah	HEAT/TRX Combo Heather			
4:30pm	Body Combat Elizabeth	HEAT Chris	Body Pump Angela	Barre Mackenzie	Yoga Lynn			
		RPM Lee	Pilates Deb		Pilates Deb			
5:30pm	Body Pump Lindsay	Body Combat Kelly	Barre Mackenzie	Body Pump Matt				
	HEAT Lauren		Striking Andrew					
	RPM (5:45pm) Harmani							
6:00pm		RPM Chris		RPM Jay				
6:30pm	Pilates Deb	Yoga Carli	Yoga Lynn S.	Power Yoga Michelle				
	TRX Lauren							

**\*BEGINS SATURDAY  
MARCH 3rd\***



SEACOAST  
SPORTS CLUB

**Regional Group Fitness Director**

Chris Clifford

chris@seacoastsportsclubs.com

**WEST END**

95 Brewery Lane  
Portsmouth, NH  
603-431-1430

**GREAT BAY**

191 Exeter Road  
Newmarket, NH  
603-659-3151

**GREENLEAF**

8 Greenleaf Woods Drive  
Portsmouth, NH  
603-436-6664

**ATLANTIC**

920 Lafayette Road  
Seabrook, NH  
603-474-8200

**HAMPTON**

311 Winnacunnet Road  
Hampton, NH  
603-758-7181