























Group Fitness Schedule - Westport

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>5:30am - 6:20am  <i>ICG Cycling</i> *(Interval) Walter</p> <p>9:15am - 10:05am  <i>ICG Cycling</i> *(All-Terrain) Mary</p> <p>9:30am - 10:20am Cardio Circuit Avery</p> <p>9:30am - 10:20am **Private Pilates Mat \$5.00 charge Lisa F.</p> <p>10:30am - 11:20am REFIT® Mary Jane</p> <p>12:00pm - 12:45pm  Lisa F.</p> <p>1:05pm - 1:50pm SilverSneakers Yoga Lisa F. (Group Fitness Room)</p> <p>5:15pm - 6:05pm  Alishia</p> <p>6:00pm - 6:50pm **Pilates Mat Lisa F.</p> <p>6:15pm - 7:05pm  Jennifer J.</p> <p>7:00pm - 7:50pm **Yoga Flow Jennifer P.</p>	<p>5:30am - 6:20am  Lisa F.</p> <p>8:15am - 9:05am Total Body Conditioning Linda H.</p> <p>9:15am - 10:00am STEP Alishia</p> <p>10:10am - 11:00am Barre Works Alishia</p> <p>11:10am - noon Getting Into Fitness Teri</p> <p>12:00pm - 12:45pm  (Lunch Cycle) Lisa F.</p> <p>12:15pm - 1:00pm SilverSneakers Classic Linda N.</p> <p>6:00pm - 6:50pm REFIT® Natalie</p>	<p>5:30am - 6:20am  <i>ICG Cycling</i> *(All-Terrain) Tarah, Mary, Ivana, and Rae</p> <p>9:15am - 10:05am  <i>ICG Cycling</i> *(All-Terrain) Walter</p> <p>9:30am - 10:20am Boot Camp Stephanie</p> <p>10:30am - 11:20am REFIT® Erika</p> <p>12:00pm - 12:45pm  Jenna</p> <p>1:05pm - 1:50pm SilverSneakers Yoga Lisa F. (Group Fitness Room)</p> <p>5:15pm - 6:05pm  Lisa F.</p> <p>5:30pm - 6:20pm  <i>ICG Cycling</i> *(Strength Ride) Dean</p> <p>6:15pm - 7:05pm **Pilates Mat Lisa F.</p> <p>6:15pm - 7:05pm  Noy</p> <p>7:15pm - 8:05pm **Yoga Flow Lisa F.</p>	<p>5:30am-6:20am  Ivana</p> <p>8:15am - 9:05am Total Body Conditioning Avery</p> <p>9:15am - 10:00am Cardio Blast Alishia</p> <p>10:10am - 11:00am Barre Works Alishia</p> <p>11:10am - noon Getting Into Fitness Teri</p> <p>12:00pm - 12:45pm  (Lunch Cycle) Mary</p> <p>12:15pm - 1:00pm SilverSneakers Classic Linda N.</p> <p>5:30pm - 6:20pm  <i>ICG Cycling</i> *(Interval) Dean</p> <p>6:00pm - 6:50pm REFIT® Jennifer F.</p>	<p>5:30am - 6:20am  <i>ICG Cycling</i> *(Strength Ride) Tarah</p> <p>9:15am - 10:50am  <i>ICG Cycling</i> *(All-Terrain) Walter</p> <p>12:00pm - 12:45pm  Lisa F.</p> <p>Club Hours Mon - Thurs 5am - 11:30pm Friday 5am - 9pm Saturday 7am - 8pm Sunday 8am - 8pm</p>	<p>8:00am - 8:50am  <i>ICG Cycling</i> *(All-Terrain) Walter</p> <p>9:00am-9:50am  Ivana/Jenna</p> <p>10:00am - 10:50am STEP Alishia</p> <p>Playroom Hours Mon - Thurs 8:30am-1pm, 4pm-8pm Friday 8:30am - 1pm Saturday 8:30am - 1pm Sunday CLOSED Temporary time limit 1 hour 15 mins per visit</p>	<p>10:00am - 10:50am  <i>ICG Cycling</i> *(Strength Ride) Dean</p> <p>BULLETIN:</p> <p>Easter Sunday, April 4, 2021 NO CLASSES</p> <p>COVID-19 Precautions Please sanitize hands before and after class.</p> <p>Sanitize all equipment before and after class.</p> <p>Bring a water bottle.</p> <p>Consider bringing your own mat to class.</p> <p>Consider yoga socks. No bare feet.</p> <p>Contacts Alishia Fuller Group Fitness Director afuller@athleticclubs.org Dominique Moore General Manager Jon Goldberg Assistant General Manager</p>