



Group Fitness

The Witherell Center, Lebanon, NH
Your Non-Profit Community Recreation Center
(603) 448-6477



May 2008

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Step & Body Sculpt 5:35-6:35 am Jenn	Pilates Mat 7-8 am Dianne	Step & Body Sculpt 5:35-6:35 am Joanna	Pilates/Strength 7-8 am Dianne	Step & Body Sculpt 5:35-6:35 am Curtis @ CCB	
Aqua Fitness 8:30 -9:30 am Rotating Instructors	Studio Rented 8-9 am	Aqua Fitness 8:30 -9:30 am Ann	Aqua Jog 8:30 -9:30 am Meg	Studio Rented 8-9 am	Aqua Fitness 8:00 - 9:00 am Rotating Instructors
Power Hour 9:15-10:30 am Patti	Aqua Jog 8:30 -9:30 am Marie	Power Hour 9:15-10:30 am Patti	Strictly Strength & More F.Y. Core 9:15-10:15 am Curtis	Aqua Fitness 8:30-9:30 am Ann	Mixed Bag 9:30-10:45 am Rotating Instructors
Gentle Yoga 10:35-11:35 am Shannon	Strictly Strength & More F.Y. Core 9:15-10:15 am Curtis	Light N' Lively 10:35-11:45 am Ann	Invigoration Yoga 10:35-11:35 am Shannon	Body Sculpt & Core 9:15-10:30 am Joanna	
More F.Y. Core 1:05-1:40 pm Curtis	Gentle Yoga 10:35 - 11:35 am Shannon	More F.Y. Core 1:05-1:40 pm Curtis		Light N' Lively 10:35-11:45 am Ann	Sunday
Body Sculpt & Core Strength 4:30 - 5:30 pm Anna	Swim Team 3:30 - 4:30 pm	Swim Team 3:15-4:15 pm		More F.Y. Core 1:05-1:40 pm Curtis	Mixed Bag 12:00 - 1:00 pm Rotating Instructors
Pilates Mat 4:30-5:30 pm Dianne @ CCB	Body Sculpt & Core Strength 4:30-5:30 pm Anna	Pilates Mat 4:30-5:30 pm Dianne	Leaner & Stronger 4:30-5:30 pm Dianne	Swim Team 3:30-4:30 pm	Most classes are held at the Witherell Center, unless indicated @ CCB.
Step/Core & More 5:35-6:35 pm Joanna @ CCB	Sivananda Yoga 5:30-6:45 pm Leslie @ CCB	Step/Core & More 5:35-6:35 pm Curtis @ CCB	Sivananda Yoga 5:30-6:45 pm Leslie @ CCB	Pilates Mat 4:30-5:30 pm Kristin	Youths between 13-15 years old can participate in the classes subject to the instructors' approval & having a current Membership, NO WALK-INS.
Aqua Fitness 6 -7 pm Jenn	Hardcore 5:45-7:15 pm Jenn	Aqua Jog 6 -7 pm Meg	Mixed Bag 5:45-6:45 pm Nicole		

Schedule subject to change due to instructor availability.

Check out our website at www.joinccb.org