



Winter 2020 Class Schedule

Classes are subject to change if attendance is low.
Sign-ups for group cycle classes are taken up to three days in advance.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:00am		Group Cycle Kelli :40		Group Cycle Kelli :40		8:00am Group Cycle Ann
5:30-6:30am	Cardio Fusion Kelli	Group Cycle 6:05am Kelli :40		Group Cycle 6:05am Kelli :40	Body Burn Kelli	
8:30-9:30am	Aerobics/Strength Cindy	Abs, Glutes, Weights, Bands & Balls Cindy	Zumba Cindy	Bar & Pilates Sculpt Jen	20/20/20 Karen J.	8:30am Yin & Yang Yoga* Barbara/Ko
9:00-9:45am	Group Cycle Judy		Group Cycle Liz		Group Cycle Liz	9:00am Zumba Cindy
10:00-11:00am	Yoga Ko	Muscle Mix Karen F.	Yogalaties Cindy	Mix It Up Jen		
4:15-5:15pm		Total Body Badass Maryann	POUND - Karen F. or Step** - Beth	Straight Up Strength Karen F.		SUNDAY
5:30-6:15pm	Group Cycle			Group Cycle Ann		10:00am Zumba Jess
5:30-6:30pm	Pilates Sculpt Karen F.					
6:00-7:00pm		Yoga Barbara		Yoga Ko		

♦1st Tuesday of each month = Big Ball Class

*classes held in upstairs studio

**CHECK WHITE BOARD EACH WEEK

Regular Hours of Operation

Monday - Thursday 5:15am - 8:00pm
Friday 5:15am - 7:00pm

Saturday 7:30am - 4:00pm
Sunday 8:30am - 2:00pm

Playroom Hours

Monday - Friday 8:30am - 11:00am

442 Pine St, Contoocook, NH
(603) 746-4572
www.stormsfitness.com

