

SHELBURNE ATHLETIC CLUB

166 Athletic Drive, Shelburne 985-4410

November 2024

Mon - Thurs: 5:30 am – 8:00 pm

Fri: 5:30 am - 7:00 pm

Weekends: 7:00 am – 3:00 pm

		Aerobics/Strength	Yoga	Spinning	Reformer Pilates (\$)
Mon	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Claudia	Reformer II/III w/ Lissy
	9:45 AM	Essentrics w/ Sherry			
	11:00 AM		Chair Yoga w/ Darcie Shedd		
	5:30 PM	Circuit Conditioning w/ Rayne ^{MZ}			
Tues	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Morning Yoga w/ Darcie Shedd		
	8:45 AM	HIIT It w/ Rayne ^{MZ}			
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
	5:30 PM			Spinning w/ Julie	
Wed	6:00 AM			Spinning w/ Claudia	
	7:15 AM		Strike A Pose w/ Connie		
	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Jamie	
	9:45 AM	Essentrics w/ Sherry			
	5:30 PM		Ski Conditioning w/ Shane *NEW 7 Weeks 11/6-12/18		
Thurs	6:00 AM			Spinning w/ Rayne	
	7:30 AM		Mindful Yoga w/ Sharon		
	8:30 AM				
	8:45 AM	Fit 4 Life w/ Ann			Reformer I w/ Kendra
	10:15 AM	Strength and Mat Pilates w/ Phyllis			
Fri	8:30 AM	CrossFit Breathe (in CrossFit space)		Spinning w/ Lindsay	
	8:45 AM				Reformer Fusion w/ Lissy
	5:30pm		Restorative Yoga w/Rotating Instructors *NEW		
Sat	8:00 AM			Spinning w/ Rayne	
	9:00 AM	Zumba w/ Allison Gingras			
	9:15 AM		Morning Flow Yoga w/ Rotating Instructors		
Sun	8:00 AM		Rise N' Shine w/ Connie	Zen Spinning w/ Julie	