



## Class Schedule

168 Industrial Drive, 508-477-6128

Hours of operation:

Monday-Friday 5:30AM-9:00PM

Saturday 7:00AM-4:00PM

Sunday 8:00AM-4:00PM

Effective 5.1.17

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 AM	Burdenko H2O					SPIN	
8:30 AM		SPIN		SPIN			SPIN
8:30 AM	Vinyasa Flow Yoga		Vinyasa Flow Yoga		Vinyasa Flow Yoga		
9:00 AM	AQUAFIT Zumba	Burdenko H2O	AQUAFIT Zumba	Burdenko H2O	AQUAFIT	Water INTERVAL	
10:00 AM		Gentle Yoga Stretch		Gentle Yoga Stretch			Burdenko H2O: Sunday Stretch & Burn*
						<b>Monday-Friday Lap Swimming 5:30-7:30AM 12:00-1:00PM 7:15-8:30PM</b>	<b>Saturday Lap Swimming 1-3:30PM</b>
4:30 PM	Triple Threat		Burdenko H2O: Triple Threat		Burdenko H2O		
5:00 PM		Adaptive Yoga					<b>Sunday Lap Swimming 11AM-12PM Family Swim** 12-2PM</b>
5:30 PM	SPIN		SPIN	SPIN	The pool is available for open exercise except during class times & designated lap swim hours.		
6:30 PM		POWER Water		Cardio H2O			

[www.mashpeefitness.com](http://www.mashpeefitness.com)

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Reminder: No admittance for late arrivals.

Members must register in advance for all pool and spin classes.

\*Call after 9am for Sunday's pool class, all other pool classes sign up after 7am on the day of class.

**Triple Threat & pool classes are 45 min, all other classes are 60 minutes.**

\*\*Family Swim - \$10 per non-member Kindergarteners and older, all children must be accompanied by an adult.