

The Longfellow Club



Fall Group Exercise Schedule

www.longfellowclubs.com 522 Boston Post Road Wayland 508 358 7355

November 1 - November 23, 2008

MON	TUE	WED	THU	FRI	SAT	SUN
6:00-7:00am (2) Powerpacing Sharon D.	6:00 - 7:00 am (1) Powersize® Teresa	6:00-7:15am (2) Powerpacing w/Abs Teresa	6-7am (1) Barbell Stephanie	6:00-7:00am(2) Powerpacing Kathy	7:30 - 8:30 am (1) Powersize® Teresa	8:00 - 9:00 am (1) Moving Muscle Stephanie
6:45-7:30am (1) Basketball Teresa	7:00-7:30am (1) Stretch & Sing Teresa	8:30-9:30am (2) Qigong Judith Poole	8:15-8:45am (2) Core Conditioning Teresa	6:45-7:30am (1) Open Basketball	8:30 - 9:30 am (2) Powerpacing Ellen/Sharon	8:00 - 9:00 am (2) Powerpacing Kathy/Debbie
8:15-8:45am (1) Core Conditioning Teresa	8:15-8:45am (2) Core Conditioning Teresa	9:30-10am (2) Tai Chi Judith Poole	8:45-9:45am (1) Powersize@ Teresa	8:45-9:30am (1) Dancerobics Lisa V.	8:30-9:30am (1) Aerobics Sharon/Stephen	9:00-10:00am (1) Step Stephen/Caroline
8:45-9:30am (1) Aerobics Teresa	8:45 - 9:45 am (1) Powersize® Teresa	8:45-9:30am (1) Step Express Krissy	9:45-10:30am (2) Step Express Marca	9:30-10:45am (1) Step Interval Gina	9:30-10:30am (1) Funky Groove/Zumba Kelly	10:00-10:30am (1) Core Conditioning Stephen/Caroline
9:30-10:45am (2) Powerpacing W/Abs Ellen	9:45-10:30am (2) Powerpacing Linda W.	9:30-10:15am (1) Taerobics Barbara	9:45-10:30am (1) Stretch & Sing Teresa	9:00-10:00am Powerpacing Lisa W.		9:30-11:00am (2) Boot Camp Adv. Teresa
9:30-10:45am (1) Double Step Marca	9:45-10:30am (1) Latin Groove Lisa V.	10:15-11am (1) Core & Stretch Barbara				10:30-11:30am (1) Funky Groove/Zumba Kelly
10:45-11:30am (1) Latin Groove Lisa						11:30-12:30am (1) Women's Bball
4:30 - 5:30 pm (2) Cardio Blast Teresa	4:30-5:30pm (2) Sculpting Debbie	4:30-5:30pm (2) Lite & Lo Sharon	4:30-5:30pm (2) Zumba	4:30-5:30pm PMS Debbie		
5:30-6:00pm (2) Core Conditioning Teresa	5:30-6pm (2) Core Conditioning Teresa	5:30-6:00pm (2) Core Conditioning Teresa	5:30-6:00pm Core Conditioning Kathy			
6-7pm (2) Powerpacing Debbie	6:00-7pm (2) Powerpacing Ellen	6-7pm (2) Powerpacing Jennifer	6:00-7:00pm Boot Camp Lite Kathy			
6:15-7pm (1) Barbell Kathy	6:15-7pm (1) Funky Groove Kelly Brice	6:15-7:15pm (1) Barbell Debbie				
7-7:45pm (1) Cardio Combo Kathy						