

SEACOAST FITNESS EXERCISE SCHEDULE 2018

952 Post Rd. Wells, ME 04090 (207) 646.6898 seacoastfitness.com

\$15 Drop in fee for non-members. \$12 Member Guest drop-In. Punch Cards available. Please call during inclement weather for cancellations.

All Silver Sneakers members are required to pay \$4 per class if the class is not **SILVER SNEAKERS®**

*** ALL CLASSES WITH AN ASTERIK ARE SIGN UP CLASSES AT FRONT DESK, EMAIL seacoastfitness@maine.rr.com OR CONTACT GYM**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
8:30-9:30 am Ignite All Levels Jane	8:30-9:30 am Total Body Burn All Levels Jane	8:30-9:30 am Strictly Aerobics Joan	8:30-9:30am Gentle Yoga Lindsay	8:30-9:30 am 20-20-20 or Strength, Core & More Weekly rotation Joan Or Jane	8:30 am-9:30 SPINNING® Instructor Rotation	
9:45-10:30 am Silver Sneakers ®Circuit Jane		9:45-10:30 am Silver Sneakers Classic® Joan		9:45-10:30 am Silver Sneakers® Circuit Weekly Rotation Joan or Jane		
	*9:45-10:30 am SPINNING® All Levels JOAN		9:45-10:30 am SPINNING® All Levels Darrell			
*4:00-5:00 pm SPINNING® All Levels JOAN						
	6:00-7:10 pm Gentle Yoga All Levels Janine	5:00-5:55 pm HITT All Levels Trish will change weekly for Tues. or Wed.				
*6:00-7:00p m SPINNING® All Levels JEN		*6:00-7:00 pm SPINNING® All Levels JEN		*6:00-7:00 pm SPINNING™ All Levels JEN	9-18-18	