



Seacoast Fitness Exercise Schedule 2019



*All Classes With An Asterisk Are Sign Up Classes At The Front Desk.

Email seacoastfitness@maine.rr.com Or Contact The Gym (207) 646-6898

Monday	Tuesday	Wednesday	Thursday	Friday Chicken Joe/Denise	Friday Bridget	Saturday
			7:30-8:30 am Cardio Interval Bridget			
8:30-9:30 am Mixed Bag Joan or Bridget	8:30-9:30 am Boom Muscle® Denise	8:30-9:30 am Freestyle Chicken Joe	8:30-9:30 am Yoga All Levels Joan	8:30-9:30 am 3-2-1 Instructor Rotation Weekly Chicken Joe	8:30-9:30 am Lo- Impact/Core Bridget	8:30-9:30 am *Spinning® Instructor Rotation
9:45-10:30 am Silver Sneakers® Circuit Joan/Bridget	9:45-10:30 am *Spinning® All Levels Joan	9:45-10:30 am Silver Sneakers® Classic Joan	9:45-10:30 am *Spinning® All Levels Darrell	9:45-10:30 am Silver Sneakers® Circuit Denise	9:45-10:30 am Silver Sneakers® Circuit Bridget	
4:00-5:00 pm *Spinning® All Levels Instructor Rotation		4:00-5:00 pm *Spinning® All Levels Julie				
6:00-7:00 pm *Spinning® Jen	6:00-7:00 pm Yoga Janine	6:00-7:00 pm *Spinning® Jen			6:00-7:00 pm *Spinning® Jen	1-28-20

Drop In Rates: \$15 non members, \$12 member guest, \$5 regular gym members, \$3 Silver Sneakers