



SAUGATUCK ROWING & FITNESS CLUB

STUDIO FITNESS SCHEDULE

October 1, 2017

Please see the SRC Online Calendar for the most current information. Register in advance to reserve your spot through the SRC App or fitness calendar on MINDBODY.

www.SaugatuckRowing.com

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Pedal and Pump 5:30-6:20 Emma	Early Stretch Yoga 5:30 -6:30 Diana	R.I.S.E 5:30-6:20 Anthony C.	Interval/Stretch EXPRESS *NEW TIME* 5:30-6:15am Diana			
SPINNING 7:00-7:50 Susan	STUDIOW 7:00-7:50 Gordon	SPINNING 7:00-7:50 Susan	STUDIOW 7:00-7:50 Gordon	C3 7:30-8:20 Susan		
CORE & MORE 8:00-8:50 Vicki	PILATES MAT 8:00-8:50 Emma	Barre-Less Barre 8:00-8:50 am Sherrie	PILATES MAT 8:00-8:50 Heidi	TOTAL BODY 8:30-9:20 Mo	SPINNING 8:15 am-9:05 Dixie	Yoga for Wellness 8:00-9:00 Paula
STUDIOW 9:00-9:50 Vicki	LEAN STRENGTH 9:00-9:50 Emma	PowerX 9:00-9:50 Anthony W.	LEAN SCULPT 9:00-9:50 Emma	STUDIOW 9:30-10:20 Vicki	VINYASA YOGA 9:15-10:15 Salona	STUDIOW 9:10-10:00 Randy
SWEAT 10:00-10:50 Mo	LIFT 10:00-10:50 Mo	TOTAL BODY 10:00-10:50 Mo	LIFT 10:15-11:15 Mo	SLOWFLOW YOGA 10:30 -11:30 Vicki	P90X 10:30-11:20 Mickey	
VINYASA YOGA 11:00-12:00 Jeannie	BARRE Above 11:00- 11:50 Judy *NEW CLASS	MYOFASCIAL Stretch and Core 11:00-11:50 Debbie	Chisel! 11:30-12:20 Sherrie			
BARRE Above *New Class 5:30-6:20 PM Judy	Core de Force *New Class 6:00-6:50 pm Mickey					
MYOFASCIAL Stretch and Core *NEW CLASS* 6:30-7:20pm Debbie	MIXED LEVEL YOGA 7-8pm Jeannie	YOGA 6:30-7:30 PM Alison H.				

All Classes are held in the Mezzanine Studio accessed from Fitness Center entrance. Classes are included with membership. Please check-in at the Fitness Desk upon arrival to guarantee your space! Classes are subject to change without notice.

Saugatuck Rowing and Fitness Club, 521 Riverside Avenue, Westport, CT 06880