

ENCOMPASS FITNESS

NATICK

FIND YOUR WAY TO FITNESS

321D Speen Street Natick, MA 01760

(508) 545-2340



GROUP FITNESS SCHEDULE

Summer 2017

Revised August 14, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
TABATA TB 5:30am-6:15am Judy	BODYPUMP™ 5:15am-6:15am Judy	BODYATTACK™ 5:15am-6:15am Tina	BOSU CHALLENGE 5:15am-6:15am Judy	BODYPUMP™ 5:45am-6:45am Kali	BODYPUMP™ 7:00am-8:00am Judy	
		GROUP CYCLE 6:00am-7:00am Bob		GROUP CYCLE 5:45am-6:45am Shelly	BOOT CAMP 8:00am-9:00am Judy	BODYCOMBAT™ 8:00am-9:00am Drina/Carla
TABATA TB 8:30am-9:30am Denise	RIPPED 8:30am-9:30am Bev	BODYATTACK™ 8:30am-9:30am Sherri	BODYCOMBAT™ 8:30am-9:30am Jeannie	ZUMBA 9:00am-10:00am Nicole T.	BODY BALANCE 8:00am-9:00am Lisa	CARDIO INTERVAL/ BODY ATTACK 9:00am-10:00am Lisa/kristina
BODYPUMP™ 9:30am-10:30am Denise	VINYASA YOGA 9:00am-10:15am Susie	ZUMBA 9:30am-10:30am Ann Saldi	BODYPUMP™ 9:30am-10:30am Michelle	POWER YOGA 9:00am-10:15am Diane	GROUP CYCLE 9:00am-10:00am Amy	GROUP CYCLE 9:00am-10:00am Sharon
BODYCOMBAT™ 10:30am-11:30am Denise	STRONG BY ZUMBA 9:30am-10:30am Ann Saldi		VINYASA YOGA 10:00am-11:15am Susie	GROUP CYCLE 9:30am-10:30am Tricia	ZUMBA 9:00am-10:00am Helen	POWER YOGA 10:00am-11:15am Drew
	GROUP CYCLE 12:15pm-1:00pm Sharon		MUSCLE CONDITIONING 4:45pm-5:45pm Nicole W.		KUNDALINI YOGA 10:00am-11:15am Guruatma	
BODYATTACK™ 5:30pm-6:30pm Tina		BODYCOMBAT™ 5:45pm-6:45pm Jeannie			BODYPUMP™ 10:00am-11:00am Lindsey	
	MUSCLE CONDITIONING 5:45pm-6:45pm Robin		ZUMBA 6:30pm-7:30pm Helen	BODYCOMBAT™ 5:30pm-6:30pm Jeannie	BODYATTACK™ 11:00am-12:00pm Lindsey	
	YOGA 7:00pm-8:15pm Stacia	BODYPUMP™ 6:45pm-7:45pm Mari				

PLEASE LIKE US ON FACEBOOK AT Encompass Fitness NATICK, MA CHECK OUT OUR WEBSITE www.encompassfitnessma.com

GROUP FITNESS FEEDBACK: We welcome your feedback & comments. Please email Maria Vachon-Group Fitness Director: encompassmv@gmail.com

NEW TO CLASSES: Please introduce yourself to the instructor and work at your own pace.

ARRIVING ON TIME/LEAVING EARLY: For your safety, please arrive on time and stay for the duration of the class

CLASS ATTENDANCE: Encompass Fitness reserves the right to cancel classes due to consistent low attendance

INDOOR SHOE POLICY: For the safety of all members and the longevity of equipment, please only wear clean indoor athletic shoes

