

# ENCOMPASS FITNESS MARLBOROUGH

## GROUP FITNESS SCHEDULE

Starts September 11, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>BODYPUMP</b> 6:00am-7:00am Kerin	<b>SPIN</b> 6:00am-7:00am Bob	<b>TABATA</b> 6:00am-7:00am Claudia	<b>BOOTCAMP</b> 6:00am-7:00am Kerin	<b>YOGALATES</b> 6:00am-7:00am Larisa		<b>SPIN</b> 8:00am-8:45am Linda D
					<b>STEP/ZUMBA STEP</b> 8:30am-9:30am Sharon K/Tatiane	
<b>BOXING</b> 8:00am-9:00am Gina	<b>YOGA</b> 8:00am-9:00am Mary-Ellen	<b>POUND</b> 8:00am-9:00am Carolyn D	<b>BARRE</b> 8:00am-9:00am Kathy		<b>SPIN</b> 8:30am-9:30am Joleen	<b>YOGA</b> 8:30am-9:30am Larisa
<b>TRIFECTA</b> 9:00am-10:00am Sharon K	<b>CHISEL</b> 9:00am-10:00am Kris	<b>SHRED</b> 9:00am-10:00am Carolyn L	<b>BODYPUMP</b> 9:00am-10:00am Kathy	<b>TRIFECTA</b> 9:00am-10:00am Jen G	<b>BODYPUMP</b> 9:30am-10:30am Kara	<b>POUND</b> 9:30am-10:30am Carolyn D
<b>ZUMBA</b> 10:00am-11:00am Shannon		<b>PILATES</b> 10:00am-11:00am Ginette			<b>PILATES</b> 10:30am-11:30am Larisa	
					<b>ZUMBA</b> 11:30am-12:30pm Tatiane	
<b>BODYPUMP</b> 5:30pm-6:30pm Sharon V	<b>TABATA</b> 5:30pm-6:30pm Sharon V	<b>STRONG by ZUMBA</b> 5:30pm-6:30pm Shannon	<b>POUND</b> 5:45pm-6:30pm Carolyn D			
<b>SPIN</b> 5:45pm-6:30pm Chrissy K		<b>SPIN</b> 5:45pm-6:30pm Linda D	<b>SPIN</b> 5:45pm-6:30pm Joleen	<b>BOXING</b> 6:00pm-7:00pm Gina		
<b>STRONG by ZUMBA</b> 6:30pm-7:30pm Tatiane	<b>YOGA</b> 6:30pm-7:30pm Kathy	<b>ZUMBA</b> 6:30pm-7:30pm Shannon	<b>BODYPUMP</b> 6:30pm-7:30pm Theresa			
<b>BARRE</b> 7:30pm-8:30pm Kendra	<b>ZUMBA</b> 7:30pm-8:30pm Tatiane	<b>TABATA</b> 7:30pm-8:30pm Kendra	<b>ZUMBA</b> 7:30pm-8:30pm Jackie			



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ENCOMPASS FITNESS  
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Kendra Warhol

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### GYM HOURS

Mon - Thur 5:00am-10:00pm  
Friday 5:00am-9:00pm  
Sat & Sun 7:00am-5:00pm

### BABYSITTING

Mon - Fri 8:30am-11:30am  
Mon 4:30pm-8:30pm  
Tue-Thur 5:00pm-8:30pm  
Saturday 8:15am - 12:30pm