

GROUP FITNESS SCHEDULE

Encompass Fitness Millis

Updated 10/26/2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Boot Camp 5:30am-6:30am Kristen		Total Body Tabata 5:30am-6:30am Shelly		BODYPUMP 5:30am-6:30am Karen	BODYCOMBAT 7:00am-8:00am Denise	CARDIO Tabata 8:00am-9:00am Eve
	Total Body Tabata 8:30am-9:30am Denise			Creative Cardio Strength Interval 8:30am-9:30am Jenn	BODYPUMP 8:00am-9:00am David	Pure Strength 9:00am-10:00am Eve
STEP 9:00am-10:00am Lynn	BODYCOMBAT 9:30am-10:30am Denise	BODYPUMP 9:00am-10:00am Mike	Mikesanity 9:00am-10:00am Mike	Basic Strength 9:30am-10:30am Roberta	STEP 9:00am-10:00am Shelly/Joanie	
BODYPUMP 10:00am-11:00am Mike	ZUMBA 10:30am-11:30am Jen	ZUMBA 10:00am-11:00am Jen			ZUMBA 10:00am-11:00am Gisela	
Basic Strength 11:00am-12:00pm Gina		Basic Strength 11:00am-12:00pm Roberta				
	Core Step & More 4:30pm-5:30pm Roberta		Core Step & More 4:30pm-5:30pm Roberta			
BODYCOMBAT 5:30pm-6:30pm Kerin		BODYPUMP 5:30pm-6:30pm Kali				
BODYPUMP 6:30pm-7:30pm Kerin	TABATA 6:00pm-7:00pm Kerin		Strength Fusion 6:00-7:00 Nicole (starts 9/20)	← New Class		
ZUMBA 7:30pm-8:30pm Jen			Zumba 7:00pm-8:00pm Gisella	← New Time		

GYM HOURS

Monday - Thursday
5 AM - 10PM

Friday
5 AM TO 9 PM

Saturday and Sunday
7 AM TO 7 PM

Babysitting Hours:
8:30am-11:30am
7 days a week

508-376-6007
Open 365 Days/Year

All classes FREE with membership

GROUP CYCLING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	GROUP CYCLE 5:30am-6:30am Shelly		Cycle & Strength 5:30am-6:30am Paul		LES MILLS SPRINT 8:05am-8:35am Denise	ROAD WARRIOR 8:00am-8:45am Stacey
					GROUP CYCLE 9:00am-10:00am George	
GROUP CYCLE 9:00am-10:00am Joe	LES MILLS SPRINT 10:35am-11:05am Denise	ROAD WARRIOR 10:15am-11:00am Terri		GROUP CYCLE 9:30am-10:30am Joe		
GROUP CYCLE 6:30pm-7:30pm Joe	LES MILLS SPRINT 5:30pm-6:00pm Kerin	LES MILLS SPRINT 6:30pm-7:00pm Kali				

MIN D - B O D Y

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BARRE 8:30am-9:25am Kim	PILATES 8:30am-9:30am Tracy		PILATES 8:30am-9:30am Tracy		VINYASA YOGA 7:30am-8:45am Susie	BARRE 9:00am-10:00am Stacey
Vinyasa Yoga 9:30am-10:30am Margo	PILATES 9:30am-10:30am Tracy	BARRE 9:00am- 10:00am Deb	PILATES 9:30am-10:30am Eve	WARM YOGA 9:00am-10:15am Donna	PILATES 9:00am- 10:00am Mariama/Rita	HATHA YOGA 10:00am-11:15am Julie
					BARRE 10:00am-11:00am Mariama/Rita	
PILATES 6:00pm-7:00pm Lisa			BARRE 5:30pm - 6:30pm Lisa			
BARRE 7:00pm-8:00pm Lisa	ATHLETIC YOGA 6:30pm-7:30pm Donna	CANDELIGHT GENTLE YOGA 7:00pm-8:15pm Julie	VINYASA YOGA 6:30pm-7:45pm Susie			