

# ENCOMPASS FITNESS MARLBOROUGH

## GROUP FITNESS SCHEDULE Effective March 1st, 2019

All Classes Free with Membership

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>POUND</b> 5:45am-6:45am Kate	<b>BOOTCAMP</b> 5:30am-6:30am Regina	<b>GRIT/CXWORX</b> 6:00am-7:00am Theresa	<b>BOOTCAMP</b> 6:00am-7:00am Steve	<b>YOGA</b> 6:00am-7:00am Steve		<b>SPIN</b> 8:00am-8:45am Linda D
	<b>SPIN</b> 6:00am-7:00am Bob				<b>STEP/ZUMBA STEP</b> 8:30am-9:30am Sharon K/Tatiane	<b>TOTAL BODY COND.</b> 8:00am-9:am Steve
<b>BOXING</b> 8:00am-9:00am Gina K	<b>YOGA</b> 8:00am-9:00am Mary-Ellen		<b>BARRE</b> 8:00am-9:00am Kathy H	<b>TABATA</b> 8:00am-9:00am Gina K	<b>SPIN</b> 8:30am-9:30am Rotating Instructor	<b>YOGA</b> 9:00am-10:00am Steve
<b>TRIFECTA</b> 9:00am-10:00am Sharon K	<b>CHISEL</b> 9:00am-10:00am Kris	<b>BOOTCAMP</b> 9:00am-10:00am Carolyn L	<b>CARDIO SCULPT</b> 9:00am-10:00am Kris	<b>TRIFECTA</b> 9:00am-10:00am Jen G	<b>BODYPUMP</b> 9:35am-10:35am Tatiane	<b>ZUMBA</b> 10:00am-11:00am Karla B
<b>CYCLE SCULPT</b> 9:00am-10:00am Leah		<b>PiYo</b> 10:00am-11:00am Jenn V	<b>CYCLE SCULPT</b> 9:00am-10:00am Leah		<b>ZUMBA</b> 10:40am-11:40am Tatiane	
<b>ZUMBA</b> 10:00am-11:00am Shannon	<b>TRX STRENGTH</b> 12:00pm-12:45pm Jenn V		<b>CARDIO HIIT CIRCUIT</b> 12:00pm-12:45pm Carolyn L			
<b>GRIT</b> 5:00pm-5:30pm Sharon V						
<b>BODYPUMP</b> 5:30pm-6:30pm Sharon V	<b>BOOTCAMP</b> 5:30pm-6:30pm Heather		<b>BOXING</b> 5:30pm-6:30pm Gina K			
<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 Jolene			
<b>STRONG</b> by ZUMBA 6:30pm-7:30pm Tatiane	<b>YOGA</b> 6:30pm-7:30pm Kathy H	<b>POUND</b> 6:30pm-7:30pm Shannon	<b>BODYPUMP</b> 6:30pm-7:30pm Theresa			
	<b>ZUMBA</b> 7:30pm-8:30pm Tatiane		<b>ZUMBA</b> 7:30pm-8:30pm Tatiane			

### GYM HOURS

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

### BABYSITTING

Monday 8am-12pm & 5pm-8:30pm  
Tues, W, Th 8am-1pm & 5pm-8:30pm  
Friday 8am-12pm & 5pm-9pm  
Saturday & Sunday 8am-12pm

Carolyn Lieberman

[carolynlieberman@yahoo.com](mailto:carolynlieberman@yahoo.com)

Gina Donovan

[ginaamicodonovan@gmail.com](mailto:ginaamicodonovan@gmail.com)

[www.facebook.com/encompassmarlborough](http://www.facebook.com/encompassmarlborough)

508-481-2294