

APRIL 2021

GROUP EX

DOCK

STORE

MONDAY

5:30AM
FUSION
Donna
8:45AM
BODYSTEP
Courtney
9:45AM
PUMP&TONE
Lauren
4:30PM
BODYPUMP
Nicole
5:30PM
XTREME HIP HOP
Chris
Heather 5th, 12th
5:30PM
FUSION
Nicole
6:30PM
ROUNDS
Jerry

TUESDAY

5:30AM
WTF
Nicole
8:00AM
LOWIMPACT
Marybeth
8:30AM
TRX FIT 30
RW- 6TH & 20TH
CJM- 13TH & 27TH
4:30PM
BUNS & GUNS
Robby
5:30PM
BODYSTEP
Chris

WEDNESDAY

8:45AM
SHRED
Courtney
4:30PM
SPIN 30
Nicole
5:30PM
BODYPUMP
Nicole

THURSDAY

5:30AM
BODYPUMP
Robby 1st, 22nd
29th
Ryan 8th & 15th
8:00AM
CARDIO FIT
Tami
9:00AM
FUSION
Lauren
4:45PM
BODYSTEP
Tracy
Chris 4/15
Heather 4/22
5:45PM
MIXXED FIT
Heather
HIP HOP
Alli 1st

FRIDAY

5:30AM
SPIN/CORE
Nicole
8:45AM
BODYSTEP
Courtney
9:45AM
Pump & Tone
Marybeth
5:30pm
Friday Night Fix
XTREME 4/2
BODY WORKS 4/9
Sip & Shop 4/16
YOGA NIDRA 4/23
SPIN 30 4/30

SATURDAY

7:30AM
FUSION
Nicole
Donna 3rd
8:30AM
BODYSTEP
Heather 3rd, 10th
Courtney 17th
Tracy 24th
9:30AM
BodyPump
Robby 3rd, 17th
Ryan 10th, 24th

SUNDAY

8:30AM
BODYPUMP
Ryan 4th
HIIT/TONE
Jerry 11th
BODYSTEP
Tracy 18th
XTREME HIP HOP
Chris 25th

5:30AM
Nicole

5:30PM
Jerry

5:30AM
Nicole

5:30PM
Jerry

8:00AM
Jerry
Nicole 3rd

8:00AM
GENTLE YOGA
Cinzia
10:30AM
BODYFLOW
Courtney

9:00AM
Rock Your
Flow
Courtney
5:30PM
BARRE
Lindsay
No Class 13th
6:30PM
BODYFLOW
Susan

10:30AM
BODYFLOW
Betsy
4:30PM
VINYASA
Courtney
5:30PM
CARDIO
STRETCH
Jerry

5:30AM
SHORE HEAT
Courtney
8:00AM
GENTLE YOGA
Courtney
10:30AM
BODYFLOW
Tabitha

9:30AM
VINYASA
Courtney

9:30AM
BODYFLOW
Susan

SHORE STRONG STUDIOS

MONDAY

5:30am
Fusion
8:00am
Gentle Yoga
9:45am
Pump & Tone
5:30pm
XTREME HIP HOP
6:30pm
ROUNDS

TUESDAY

5:30am
WTF
8:00am
Low Impact
9:00am
RYF
4:30pm
Buns&Guns

WEDNESDAY

8:45am
Shred
4:30pm
Vinyasa
5:30pm
Cardio Stretch

THURSDAY

8am
CARDIO FIT
9am
Fusion
5:45pm
MIXXEDFIT

FRIDAY

Every Friday
5:30am Vinyasa
8:45am BodyStep

SATURDAY

Every Saturday
7:30am FUSION
8:30am BodyStep
9:30am BodyPump

SUNDAY

8:30AM
BODYPUMP-4th
HIIT/TONE-11th
BODYSTEP- 18th
XTREME- 25th
Every Sunday
9:30am BodyFlow

Mask Policy:

You must wear a mask at all times, unless the physical activity that you are participating in poses you a bonafide health risk.

HELLO Spring

April Happenings:

Easter Hours 7am - 12pm

Sip and Shop on the Dock. Friday, April 16th, starting at 5:30pm

NEW Classes and Times look for this --->

