

JANUARY 2021

STUDIO ONE

DOCK

STORE ZEN

MONDAY

5:30AM
Fusion
Nicole

8:45AM
BODYSTEP
Courtney

9:45AM
PUMP&TONE
Courtney

4:30PM
BODYPUMP
Nicole

5:30PM
XTREME HIP HOP
Heather 4th, 11th
Chris 18th, 25th

5:30 PM
FUSION
Nicole

6:30PM
KICK & SCULPT
Jerry

TUESDAY

5:30AM
WTF
Nicole

8:00AM
LOWIMPACT
Marybeth

9:00AM
FUSION
5th, 19th
TRX
12th, 26th

4:30PM
BUNS & GUNS
Robby

5:30PM
BODYSTEP
Chris

6:30 PM
MIXXEDFIT
Heather

ZUMBA Ali 5th

WEDNESDAY

8:45AM
CARDIO TONE
6th & 13th
STRONG
20th & 27th

Courtney

Jan 13th (ongoing)
4:30PM
STRONG
Nicole

5:30PM
BODYPUMP
Nicole

THURSDAY

5:30AM
BODYPUMP
Robby 7th, 28th
Ryan 14th, 21st

8:00AM
CARDIO FIT
Marybeth

9:00AM
FUSION
Courtney

4:45PM
BODYSTEP
Tracy 7th, 21st
Courtney 14th, 28th

5:45PM
Shore Circuit
Nicole

5:45 PM
Cardio
Jerry

FRIDAY

5:30AM
Spin/Core
Nicole

8:45AM
BODYSTEP
Courtney

9:45AM
Pump & Tone
Marybeth

5:30pm
VIRTUAL EVENT
Buti, MIXXEDFIT,
XTREME Party!
January 22nd

SATURDAY

7:30AM
Fusion
Nicole

8:30AM
BODYSTEP
Tracy 2nd, 23rd
Launch 9th
Heather 30th

9:30AM
BodyPump
Ryan 2nd,
Launch 9th
Robby 23rd, 30th

Jan. 16th
8:00AM
STRONG
LAUNCH
9:00AM
BODYSTEP
Tracy 16th
10:00AM
BODYPUMP
Ryan 16th

SUNDAY

8:30AM
HIIT/TONE
Jerry 3rd, 17th

XTREME HIP HOP
Chris 10th

BODYPUMP
Ryan 24th

BODYSTEP
Tracy 31st

8:00AM
Jerry

8:30AM
BARRE
Tabitha
No Class 1/2

9:30AM
VINYASA
Courtney
Susan 1/2

9:30AM
BODYFLOW
Susan
Launch 10th

New Years Day
Hours 5am-5pm
7:30am DOCK with Jerry
8:30am BodyStep with Court
9:30am Pump&Tone with Nicole

Happy
NEW
YEAR

SHORE STRONG STUDIOS

MONDAY

JAN. 4th & 18th
8:45am BodyStep
10:30am BodyFlow
5:00pm Zen Shred
5:30pm FUSION

JAN 11th & 25th
8:00am Gentle Yoga
9:45am Pump & Tone
4:30pm BodyPump
5:30pm XTREME
6:30pm Kick & Sculpt

TUESDAY

JAN 5th & 19th
5:30am WTF
9:00am PIYO
4:45pm Buns&Guns
5:30pm BARRE

JAN 12th & 26th
5:30am WTF
9:00am Fusion
4:45pm Buns & Guns
5:30pm BodyStep
6:30pm MIXXEDFIT

WEDNESDAY

JAN 6th & 20th
8:45am Cardio/Strong
4:30pm Vinyasa
5:30pm BodyPump

JAN 13th & 27th
8:45am Cardio/Strong
10:30am BodyFlow
4:30pm Vinyasa
5:30pm Buti Yoga

THURSDAY

JAN. 7th & 21st
8am CARDIO FIT
9am Fusion
5:45pm Cardio

JAN. 14th & 28th
8:30AM Stretch
4:45PM BodyStep

FRIDAY

JAN 1st, 15th & 29th
5:30am Spin/Core
8:45am BodyStep
10:00am BodyFlow

JAN 8th & 22nd
5:30am Spin/Core
8:45am Step
9:45am Pump&Tone

SATURDAY

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

SUNDAY

8:30AM
HIIT/TONE-3rd, 17th
XTREME HIP HOP
10th
BODYSTEP-24th
BODYPUMP-31st

Every Sunday
9:30am BodyFlow

Studio Key:



Class in cycling studio



New Class!



All classes are 45 minutes, unless you see a timer next to the class showing a different time.

Upcoming happenings:

LesMills Launch 1/8-1/10
Nidra on 1/8
Strong Nation Launch 1/16
XTREME Virtual Event 1/22
Find a F*cking Moment Launch 1/29

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.