

# UPDATED Wellness Center Group Exercise Schedule

As of April 7th

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SUNDAY
5:30-6 PM Hardcore Abs Grayson Kaitlyn				3-4 PM Cycling Washington Katie
5:30-6 PM Hardcore Abs Kennedy 12th Orlagh		5:30-6 PM Hardcore Abs Kennedy 12th Jill		
6-7 PM Pilates Kennedy 12th Orlagh	6-7 PM Cycling Washington Kylie	6-7 PM Hip Hop Class Kennedy 12th Jill	6:30-7 PM HardCore Abs Grayson Vanessa	
7-8 PM Cycling Washington Katie	7:30-8 PM Hardcore Abs Kennedy 12th Mat	7-8 PM Cycling Washington Kelly	6-7 PM Cycling Washington Kylie	
7-8 PM Cycling Grayson Justine	7-8 PM Cycling Grayson Vanessa	7-8 PM Cycling Grayson Justine	7-8 PM Cycling Grayson Vanessa	
	8-9 PM Pilates Grayson Orlagh			

*You **must** be a Wellness Program Member and you sign up ahead of time!*

*Sign up for ALL Group Exercise Classes begins 3 hours before the start of the class!*

*Sign up ends 30 minutes before class begins and please arrive 5-10 min. early!*

\*\*\*Sign Up for classes in Kennedy: Call JQA (413)577-1473\*\*\*

\*\*\*Sign Up for classes in Grayson: Call Webster (413)545-2805\*\*\*

\*\*\*Sign up for Classes in Washington: Call Washington (413)545-3183\*\*\*

**DON'T FORGET YOUR UCARD FOR CHECK-IN!**

\*\*BOOTCAMP & Kickboxing in Kennedy has been cancelled. \*\*Hip Hop in Grayson has been cancelled.