

FITNESS FIRST Class Schedule



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Larry 5:45am Core (15 min) ②	Pat 5:45am Spin Row Bootcamp ③	Larry 5:45am Core (15 min) ②	Pat 5:45am Bootcamp ③		Tim 7:30am Tai Chi ③	
Chela 9:00am Zumba ①	Jacqui 9:00am Aerobics ①	Joe 9:00am Core (60 min) ②	Joe 9:00am Cardio Combo ①	Jean 9:00am Cardio Combo ①	Nicole 8:00am Yoga Mandala ③	Jackie 8:30am Zumba ①
Betsy 9:00am Flow Yoga ③	Erica 9:15am Spin Row Bootcamp ③	Marielle 8:40am Flow Yoga ③	Erica 9:15am Spin Row Bootcamp ③	Betsy 9:00am Flow Yoga ③	Sylvia 8:30am Basic Step ①	Rochelle 9:30am Body Sculpting ②
	Anne 10:00am Body Sculpting ②	Joe 10:00am Dance Explosion ③	Joe 10:00am Body Sculpting ②		Glenn 9:30am 20-20-20 ①	
		Sandra 10:00am Spin Row TRX ③	Ruth 10:00am Flow Yoga ③		Milton 9:30am Boxing Bootcamp ③	
Dara 12:00pm Barre Pilates ②	Larry 12:00pm Core (15 min) ②	Dara 12:00pm Barre Pilates ②	Larry 12:00pm Core (15 min) ②		Joe 10:30am Dance Explosion ①	
	Larry 3:30pm Spin Row Bootcamp ③	Ellen 4:00pm BalletFit ③	Larry 3:30pm Spin Row Bootcamp ③		Joe 11:30am Spin Row TRX ③	Nancy 4:00pm Stretch + Tone ③
Sylvia 5:00pm Balance Challenge ③	Rochelle 5:00pm Body Sculpting ②	Rochelle 5:00pm Body Sculpting ②	Sylvia 5:00pm Balance Challenge ③		Emily 4:30pm Baptiste Yoga ③	
Sylvia 5:30pm Body Sculpting Lite ②			Sylvia 5:30pm Body Sculpting Lite ②			
Larry 5:45pm Core (15 min) ②		Larry 5:45pm Core (15min) ②				
Jackie 6:00pm Zumba ①	Krista 6:00pm Barre Pilates ②	Dara 6:00pm Barre Pilates ③	Chela 6:00pm Zumba ①			
Sandra 6:00pm TRX + Kickboxing ③	Milton 6:00pm Boxing Bootcamp ③	Colleen 6:00pm Flow Yoga ③				
Joanne 7:00pm Step ①	Jackie 7:00pm Zumba ①	Jackie 7:00pm Zumba ②	Joanne 7:00pm Step ①			
Joanna 7:00pm Buti Yoga ③	Cindy 7:00pm Kundalini Yoga ③	Tim 7:00pm Tai Chi ③				

CLUB HOURS:
 Mondays thru Thursdays 5 am - 10 pm
 Fridays 5 am - 9 pm
 Saturdays 7 am - 6 pm Sundays 8 am - 5 pm
 471 Massachusetts Avenue, Arlington, MA 02474
 781-643-4300 fitns1st@gmail.com

KEY:

- ① **Cardio**
Burn Calories
- ② **Strength**
Tone-Up
- ③ **Special Interest**

Classes Held in Upstairs Studio

Classes Held in Downstairs Studio