

Greater Boston Fitness Club Group Exercise Schedule

Class Location Key (all studios are at 1 HF Brown Way, Natick, MA):

Effective 6/1/2025

"Boston" Studio

"LA" Studio

Virtual Only

In-person classes are also streamed live on Zoom (Hybrid)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30					Definitions Deb		
8:45 - 9:30						Dance Choreography (45 Minutes) Cheryl	
9:00 - 10:00	Definitions Deb			Yoga Strength, Balance & Core Marcell			Zumba (45 Minutes) Cheryl
9:30 - 10:30		Zumba Christina	Zumba Cheryl		Zumba Ana	Zumba Cheryl	
10:00 - 11:00	Zumba Tisha/Cheryl			Cardio Barre Paula			
10:30 - 11:30		Muscle Mix-up Paula	Cardio Sculpt Cindy		Line Dancing Cheryl	Muscle Slay Barb	
11:00 - 12:00	Full-On Functional Movement Jeannine						
4:30 - 5:15			Mat Pilates (45 Minutes) Sandra		Barre Fusion (45 Minutes) Sandra		