

# Greater Boston Fitness Club Group Exercise Schedule

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

Effective 7/1/2025

"Boston" Studio	"LA" Studio	Virtual Only
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In-person classes are also streamed live on Zoom (Hybrid)

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30					<b>Definitions</b> Deb		
9:00 - 10:00	<b>Definitions</b> Deb			<b>Yoga Strength, Balance &amp; Core</b> Marcell			<b>Zumba (45 Minutes)</b> Cheryl
9:30 - 10:30		<b>Zumba</b> Christina	<b>Zumba</b> Cheryl		<b>Zumba</b> Ana	<b>Zumba</b> Cheryl	
10:00 - 11:00	<b>Zumba</b> Tisha/Cheryl						
10:30 - 11:30		<b>Muscle Mix-up</b> Deb	<b>Cardio Sculpt</b> Cindy		<b>Line Dancing</b> Cheryl	<b>Muscle Slay</b> Barb	
4:30 - 5:15			<b>Mat Pilates (45 Minutes)</b> Sandra		<b>Barre Fusion (45 Minutes)</b> Sandra		