



Derry Medical Center's Studio and NEW! 14A Third Floor space*
MAY CLASS SCHEDULE (Highlighted classes are either New Times or New Location)

Effective: 5/8/17

Register: From the derrymedicalcenter.com website: click on *Wellness & Fitness Programs*, then *Fitness Studio*, then *Register for classes online*. Create a username & password. Go to the *Online Store* tab to purchase classes, or visit the *Classes* tab to register and view classes. Call us at (603) 537-3032 with any questions regarding sign-up.

TRY A WEEK OF CLASSES FOR FREE! Enter the promotion code **"FREE7TRIAL"** to try our classes before you purchase a package! (New members only)

Seniors 65 years or older: Enter the code **"SENIOR"** for a 10% discount on all class package options! Fitness Studio: (603) 537-3032 | Wellness Front Desk: (603) 537-3033

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
STUDIO	14A 3 RD FL	STUDIO	14A 3 RD FL	STUDIO	14A 3 RD FL	STUDIO	14A 3 RD FL	STUDIO	14A 3 RD FL	STUDIO	
9:00-9:45 Pilates Linda	X	9:00-10:00 Barre Brenda C	X	9:00-9:45 Pilates Brenda C	X	9:00-9:45 Cardio Only Lorna		8:00-8:45 Body Sculpt Lorna		8:00-8:45 Qigong/Tai Chi Fusion Nicole?	
10:00-10:45 Cardio Circuit Karen	10:15-11:00 Chair Yoga BLG A Linda	10:15-11:00 Cardio Circuit 101 Karen	X	10:00-10:45 Gentle Barre Brenda C	X	10:00-10:45 Legs 101 Mel S.	10:00-10:45 Active Seniors BLG A Lorna	9:00-9:45 Cardio Circuit Lorna	10:00-10:45 Movement for Arthritis BLG A Mel S.	9:00-9:45 Cardio Circuit Stacey/Sarah	
	11:15-12:00 Active Seniors Karen	11:15-12 Functional Fitness 101* Mel S	11:15-12:00 Movement for Arthritis Karen		11:00-11:45 Active Seniors Karen	TRX 11:00-11:45 FUSION Lorna	ZUMBA GOLD 11:00-11:45 Stacey		11:00-11:45 Chair Core & Balance Mel S	10:00-10:45 Pilates Stacey/Sarah	
3:30-4:15 Yo- Pilates Fusion Sarah				12:00-12:45 Cardio Circuit 101 Karen				12:00-12:45 Functional Fitness 101 Mel S.			
4:30-5:15 Gentle Yoga Sarah	X	4:00- 4:45 Pilates Lorna	X	4:30-5:15 ZUMBA Stacey	X		4:00-4:45 Strong Stretch Stacey	FREE Yoga & Cancer 4:30-5:30 Jonna.			
5:30-6:15 Body Sculpt Lorna	X	TRX FUSION 5:00-5:45 Lorna	X	5:30-6:15 Cardio Only Stacey	X	TRX NEW 5:30-6:15 Mel O	5:00- 5:45 Cardio Circuit Stacey	6:00-7:00 Gentle Yoga Flow Jonna			
6:30-7:15 Cardio Circuit Lorna	X	6:00- 6:45 Gentle Yoga Flow Jonna	X	6:30-7:15 Qigong/Tai Chi Fusion Nicole	X	BLOCKED FOR USE 6:30-7:15PM Brenda C	X				

Classes subject to change due to participation. Please check mindbodyonline.com to confirm class time and availability.

Cancellation Policy: Classes may be cancelled due to inclement weather, cancellations will be made 12 hours in advance via MindBody Online.

***14A Tsienneto, front building, meet instructor in 3rd floor Wellness lobby, Suite 300, back conference room**