

**Derry Medical Center's Studio
2019 FITNESS CLASS SCHEDULE**

Effective: 5/01/19

Register: From the derrymedicalcenter.com website: scroll on FOR PATIENTS, then Click Fitness Studio & Class Registration 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) 537-3033 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) 537-3033

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
STUDIO		STUDIO		STUDIO		STUDIO		STUDIO		STUDIO	
8:30-9:15 Cardio Circuit Karen	x	8:30-9:25 Barre Brenda C	x	8:30-9:15 Pilates Brenda C	x	8:00-8:45 TRX FUSION Linda	X	8:00-8:45 Body Sculpt Karen	x		
9:30-10:15 Pilates Stacey		9:30-10:15 Cardio Circuit 101 Karen	X	9:30-10:15 Barre Brenda C	X	9:30-10:15 Functional Fitness 101 Stacey	X	8:45-9:30 Cardio Circuit Karen	x	9:00-9:45 Cardio Circuit Stacey	
10:30-11:15 Chair yoga Stacey	x	10:30-11:15 Movement for Arthritis Karen	X	10:30-11:15 Active Seniors Karen	x			9:45-10:30 Chair Core & Balance Mel S	x	9:45-10:15 Pilates Stacey	
11:30-12:15 Active Seniors Karen	x		X	11:30-12:15 Strong Stretch Karen	x		X		x		
	x		x	1:30-3:00 Life Beyond Pain Well-Class Debbie	x		X		x		
	X		X		X		X		x		
5:15-6:00 TRX Fusion Mel S	X	5:30-6:30 Yoga Flow Debbie	X	5:30-6:15 Cardio Blast Stacey	X	5:00- 5:45 Cardio Circuit Stacey	X	5:30-6:30 Gentle Yoga & Mindful stretching Debbie	x		
6:15-7:00 Strong Stretch Mel S	. X		X		X	6:00-6:45 Life Beyond Pain Well-Class Debbie	X		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.**