**COLLINS PERLEY CLASS SCHEDULE**

**February Schedule**

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| **MONDAY** | 5:00 am | 6:00 am | **Spin & Pilates** | Spin, flexibility, and core | Stacy Tully | Court 4 |
| 9:00 am | 9:45am | **Energizing Intervals** | Tabata circuits | Becky McGregor | Court 3 |
| 10:15am | 11:00am | **Silver & Fit** | 55+ training | Beth Hayford | Claudette 1 |
| 12:00 pm | 12:45 pm | **Spin** | Spin high calorie burn | Beth Hayford | Court 4 |
| 4:30 pm | 5:15 pm | **Pump It** | Weight training | Trudy Cioffi | Court 3 |
| 5:30 pm | 6:30 pm | **Pedal Power** | Spin | Lille Bowler | Court 4 |
| **TUESDAY** | 5:00 am | 5:45 am | **Super Strength** | Spin, flexibility, and core | Stacy Tully/ | Court 4 |
| 6:00 am | 6:45am | **Cycle into AMRAP** | Cycle & Circuits | Ryan Wilson Noel | Court 4 |
| 9:00 am | 10:30 am | **Ride the Rhythm** | Spin | Becky McGregor | Court 4 |
| 4:15 pm | 5:00 pm | **Cycle Therapy** | Spin | Andrea Gagner | Court 4 |
| 5:30 pm | 6:15 pm | **Tabata Tuesday** | Tabata circuits | Becky McGregor | Court 3 |
| 6:30 pm | 7:15 pm | **Zumba Toning - Core** | Dance into your Core | Kathy Bourdeau | Court 3 |
| **WEDNESDAY** | 5:00 am | 6:00 am | **Spin** | Spin | Kelsey Malboeuf | Court 4 |
| 6:00 am | 6:30 am | **Iron Sets** | Challenging weighted sets | Kelsey Malboeuf | Court 3 |
| 9:00 am | 9:45 pm | **Soul Cycle** | Spin with weights | Beth Hayford | Court 4 |
| 3:45 pm | 4:30 pm | **Becky’s New Beat** | Circuits on the spin bike, weights and Tabata’s | Becky McGregor | Court 3 |
| 4:45 pm | 5:15 pm | **Power Pilates** | Total body sculpting | Stacey Tully | Court 3 |
| 5:30 pm | 6:15 pm | **Hump Day Cycle** | Spin | Trudy Cioffi | Court 4 |
| **THURSDAY** | 5:00 am | 5:45 am | **Barbell Blast** | Weights & Core | Kelsey Malboeuf | Court 3 |
| 6:15 am | 7:00am | **Cycle to the Core** | Cardio & Abs | Beth Hayford | Court 4 |
| 9:00 am | 9:45 am | **Grind the Gears** | Spin | Becky McGregor | Court 4 |
| 5:00 pm | 6:00 pm | **Snowshoeing** | Snowshoeing-Snowshoes available | Lille Bowler | Outside |
| 5:30 pm | 6:15 pm | **Fusion** | Spin/AMRAP | Andrea Gagner | Court 4 |
|  | 6:30 pm | 7:30 pm | **Zumba** | Zumba/dance | Ashley MacDonald | Court 4 |
| **FRIDAY** | 5:00 am | 6:00 am | **Spin** | Spin, flexibility, and core | Kelsey Malboeuf | Court 4 |
| 9:00 am | 9:45am | **Energizing Intervals** | Tabata circuits | Becky McGregor | Court 3 |
| 10:30 am | 11:30 am | **Tai Chi** | Gentle exercise and stretching | Ruth Cronin | Court 3 |
| 4:15 pm | 5:00pm | **Cycle w/ Caryssa starts Feb 5th** | Spin into a challenge | Caryssa Yates | Court 4 |
| 5:15 pm | 6:15 pm | **Freaky Friday Spin/Stretch** | Spin/Stretch | Lille Bowler | Court 4 |
| **SAT** | 7:00 am | 8:00 am | **HIIT Starts Feb 6th** | High Intensity Interval Training | Kelsey Malboeuf | Court 4 |
| 8:15 pm | 9:00 pm | **Spin** | Spin | Stacey Tully | Court 4 |
| 9:15 pm | 10:15 pm | **Zumba** | Zumba | Kathy Bourdeau | Court 3 |
|  | 10:30am | 12:00pm | **Endurance Ride Starts Feb 6th** | Pushing your limits | Leigh Horton | Court 4 |
| **SUN** | 8:00 am | 8:45 am | **Sunday Sunrise Yoga** | Yoga and stretching | Stacey Tully | Court 3 |
| 9:00 am | 10:30 am | **Sunday Confessional** | Spin, cardio, and weights | Lille Bowler/ Andrea Gagner | Court 4 |

**Sign Up Required at 802/527-1202 or online at collinsperleysports.myrec.com**

ONLY THE BEST AT THE PLEX!