

# COLLINS PERLEY CLASS SCHEDULE

Sign Up Required at 802/527-1202 or online at [collinsperleysports.myrec.com](http://collinsperleysports.myrec.com).

<b>MONDAY</b>	5:00 am	6:00 am	Spin & Pilates	Spin, flexibility, and core	Stacy Tully	Court 4
	7:45am	8:30am	HIIT The Bar May 3 <sup>rd</sup>	Weighted Circuits	Becky McGregor	Court 4
	9:00 am	9:45am	Energizing Intervals	Tabata circuits	Becky McGregor	Court 4
	10:15am	11:00am	Silver & Fit	55+ training	Beth Hayford	Claudette 1
	12:00 pm	12:45pm	Soul Cycle	Cardio Blast	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
<b>TUESDAY</b>	5:00 am	5:45 am	Buns of Steel	Weighted Circuits, Step Aerobics	Stacy Tully/	Court 4
	6:00 am	7:15am	Cycle into AMRAP	45-minute spin, 25 min floor	Ryan Wilson Noel	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 4
	6:30 pm	7:15 pm	Zumba Toning - Core	Dance into your Core	Kathy Bourdeau	Court 3
<b>WEDNESDAY</b>	5:00 am	6:00 am	Spin	Endurance Ride	Kelsey Malboeuf	Court 4
	6:00 am	6:30 am	Iron Sets	Challenging weighted sets	Kelsey Malboeuf	Court 4
	9:00 am	9:45 pm	Soul Cycle	Spin with weights	Beth Hayford	Court 4
	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
<b>THUR</b>	5:00 am	5:45 am	Barbell Blast	Weights & Core	Kelsey Malboeuf	Court 4
	6:15 am	7:00am	Super Spin	Cardio	Beth/Lille	Court 4
	5:15 pm	6:15 pm	Hiking Series	Hardack, Six Week hiking series	Andrea Gagner	Hardack
	6:30 pm	7:30 pm	Zumba	Zumba	Ashley	Court 4
<b>FRIDAY</b>	5:00 am	6:00 am	Spin	Earn Myzone® MEPS	Kelsey Malboeuf	Court 4
	6:00 am	6:45 am	Recover	Stretch & Release	Beth Hayford	Claudette 1
	7:45am	8:30am	Bands starts May 7th	Total Body Toning	Becky McGregor	Court 4
	9:00 am	9:45am	Energizing Intervals	Tabata circuits	Becky McGregor	Court 4
	10:30 am	11:30 am	Tai Chi	Gentle exercise and stretching	Ruth Cronin	Claudette 1
	4:15 pm	5:00pm	Cycle w/ Caryssa	Cycle into a challenge	Caryssa Yates	Court 4
	5:15 pm	6:15 pm	Freaky Friday Spin	Spin	Lille Bowler	Court 4
<b>SAT</b>	7:00 am	8:00 am	Boot Camp	High Intensity Interval Training	Kelsey Malboeuf	Court 4
	8:15 pm	9:00 pm	Spin	Spin	Stacey Tully	Court 4
	9:15 pm	10:15pm	Zumba	Zumba	Kathy Bourdeau	Court 3
<b>SUN</b>	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

**ONLY THE BEST AT THE PLEX!**