**Collins Perley Class Schedule**

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **MON** | **Start** | **End** | **Class** | **Description** | **Instructor** | | | | **Location** |
| **5:00 am** | **6:00 am** | **Total Body Burn** | **Boot Camp** | **Kelsey Malbouef** | | | | **Claudette 1** |
| **9:00 am** | **9:45 am** | **Energizing Intervals** | **Tabata Into Core** | **Becky McGregor** | | | | **Claudette 1** |
| **10:15 am** | **11:15 am** | **Silver & Fit** | **Circuits** | **Beth Hayford** | | | | **Claudette 1** |
| **4:30 pm** | **5:15 pm** | **Kick It Into Tabata** | **Weighted Circuits** | **Trudy Cioffi** | | | | **Claudette 1** |
| **5:30 pm** | **6:30 pm** | **Move It Monday** | **Spin** | **Lille Bowler** | | | | **Claudette 2** |
|  |  |  |  |  |  | | |  | |
| **TUES** | **5:00an** | **5:45 am** | **T-N-T Tone & Tighten** | **Pilates & Core** | **Meg Sicotte** | | | **Claudette 1** | |
| **6:00 am** | **7:15 am** | **Cycle into AMRAP** | **Spin and Circuits** | **Ryan Wilson Noel** | | | **Claudette 2** | |
| **8:00 am** | **9:00 am** | **Tai Chi ZOOM** | **Contact rbvc125@gmail.com** | **Ruth Cronin** | | | **ZOOM** | |
| **9:00 am** | **9:45 am** | **Grind the Gears** | **Calorie Torcher** | **Becky McGregor** | | | **Claudette 2** | |
| **12:30 pm** | **1:00 pm** | **Community Tai Chi** | **Zoom class rbvc125@gmail.com** | **Ruth Cronin** | | | **ZOOM** | |
| **4:15 pm** | **5:00 pm** | **Cycle Therapy** | **Spin** | **Andrea Gagner** | | | **Claudette 2** | |
| **6:00 pm** | **7:00 pm** | **Zumba/Zumba Toning** | **Dance Into Happiness** | **Kathy Bourdeau** | | | **Claudette 1** | |
|  |  |  |  |  |  | | |  | |
| **WED** | **5:00 am** | **6:00 am** | **Spin** | **Improve your Endurance** | **Kelsey Malboeuf** | | | **Claudette 2** | |
| **4:45 pm** | **5:15 pm** | **Power Pilates** | **Total body sculpting** | **Stacey Tully** | | | **Claudette 1** | |
| **5:30 pm** | **6:15 pm** | **Hump Day Cycle** | **Endurance** | **Trudy Cioffi** | | | **Claudette 2** | |
|  | **7:00PM** | **8:00PM** | **Flow Yoga Jan 5th** | **Movement with Mindfulness** | **Kiley Leahy** | | | **Claudette 1** | |
|  |  |  |  |  |  | |  | | |
| **THURS** | **5:00 am** | **5:45 am** | **Metabolic Shred** | **Weights & Core** | **Kelsey Malboeuf** | | **Court 4** | | |
| **6:15 am** | **7:00 am** | **Super Spin** | **Cardio** | **Lille Bowler** | | **Claudette 2** | | |
| **9:00 am** | **9:45 am** | **Becky’s New Beat** | **Circuits** | **Becky McGregor** | | **Claudette 2** | | |
| **4:15 pm** | **5:15 pm** | **Spin** | **Burn 450-600 Calories** | **Caryssa Yates** | | **Claudette 2** | | |
| **5:30 pm** | **6:30 pm** | **Cardio Tennis** | **Cardio drills with a Tennis Twist** | **Laura Laramee** | | **Court 1** | | |
|  | **6:00PM** | **7:00PM** | **Zumba Jan 6th** | **Happy Feet, Happy Heart** | **Ashley Mc Donold** | | **Claudette !** | | |
|  |  |  |  |  |  |  | | | |
| **FRI** | **5:00 am** | **6:00 am** | **Spin** | **Earn Myzone® MEPS** | **Kelsey Malboeuf** | **Claudette 1** | | | |
| **8:00 am** | **8:45 am** | **Minute Mania** | **Total Body Toning** | **Becky McGregor** | **Claudette 2** | | | |
| **9:00 am** | **9:45 am** | **Energizing Intervals** | **Tabata** | **Becky McGregor** | **Claudette 1** | | | |
| **10:30 am** | **11:30 am** | **Tai Chi** | **Strengthen and Refresh** | **Ruth Cronin** | **Claudette 1** | | | |
| **5:15 pm** | **6:15 pm** | **Lift & Spin** | **20min strength/40min spin** | **Lille Bowler** | **Claudette 2** | | | |
|  |  |  |  |  |  |  | | | |
|  | **7:30 am** | **8:00 am** | **Pilates** | **Body Sculpting** | **Stacey Tully** | **Claudette 1** | | | |
| **SAT** | **8:15 am** | **9:00 am** | **Spin** | **Spin** | **Stacey Tully** | **Claudette 2** | | | |
| **8:15 am** | **9:00 am** | **Barre Above** | **Fusion Of Ballet/Strength** | **Meg Sicotte** | **Claudette 1** | | | |
| **9:15 am** | **10:15 am** | **Zumba** | **Dance into Fitness** | **Kathy Bourdeau** | **Claudette 1** | | | |
|  |  |  |  |  |  |  | | | |
| **SUN** | **8:00 am** | **8:45 am** | **Sunday Sunrise Yoga** | **Yoga and stretching** | **Stacey Tully** | **Claudette 1** | | | |
| **9:00 am** | **10:30 am** | **Sunday S.W.A.T** | **Spin, cardio, and weights** | **Lille /Andrea** | **Claudette 2** | | | |

**Sign Up Required at 802/527-1202 or online at collinsperleysports.myrec.com0440044**