

WEvolve Class Schedule

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

	Start	End	Class	Description	Instructor	Location
MON	5:00 am	6:00 am	Total Body Burn	Weighted Circuits	Kelsey Malbouef	Court 4
	9:00 am	9:45 am	Energizing Intervals	Tabata Into Core	Becky McGregor	Court 4
	10:15 am	11:00 am	Silver & Fit	55+ training	Beth Hayford	Claudette 1
	12:00 pm	12:45 pm	Soul Cycle	Cardio Blast	Beth Hayford	Court 4
	4:30 pm	5:15 pm	Kick It Into Tabata	Starts Sept 13th	Trudy Cioffi	Claudette 1
	5:30 pm	6:30 pm	MyZone Match	Spin	Lille Bowler	Court 4
TUES	5:00am	5:45 am	T-N-T Tone & Tighten	Pilates & Core Nov 9 6week series	Meg Sicotte	Claudette 1
	6:00 am	7:15 am	Cycle into AMRAP	Spin and Endurance	Ryan Wilson Noel	Court 4
	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	Court 4
	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	Court 4
	5:30 pm	6:15 pm	Tabata Tuesday	Tabata circuits	Becky McGregor	Court 4
	6:30 pm	7:30 pm	Zumba/Zumba Toning	Dance into your Core	Kathy Bourdeau	Claudette 1
WED	5:00 am	6:00 am	Spin	Endurance Ride	Kelsey Malboeuf	Court 4
	9:00 am	10:00 am	Soul Cycle	Cardio Blast & Weights	Beth Hayford	Court 4
	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	Court 4
	6:00 pm	6:45 pm	Strong Nation	HIIT	Kathy Bourdeau	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	Court 4
	9:00 am	9:45 am	Becky's New Beat	Circuits	Becky McGregor	Court 4
	12:00 pm	12:45 pm	Reps & Sets	Strength Starts Sept 23 rd	Beth Hayford	Claudette 1
	4:15 pm	5:15 pm	Spin	MyZone Yellow	Caryssa Yates	Court 4
	5:30 pm	6:30 pm	Cardio Tennis	Cardio drills with a Tennis Twist	Laura Laramee	Court 1
	5:30 pm	6:15 pm	Greatest HIITS Dec 2nd	High intensity interval training	Emilie Smith	Claudette 1
FRI	5:00 am	6:00 am	Spin	Earn Myzone® MEPS	Kelsey Malboeuf	Court 4
	8:00 am	8:45 am	Minute Mania	Total Body Toning Sept 14 th	Becky McGregor	Court 4
	9:00 am	9:45 am	Energizing Intervals	Tabata circuits	Becky McGregor	Court 4
	10:30 am	11:30 am	Tai Chi	Strengthen and Refresh	Ruth Cronin	Claudette 1
	5:15 pm	6:15 pm	Lift & Spin Sept 13 th	20min strength/40min spin	Lille Bowler	Court 4
SAT	7:30 am	8:00 am	Pilates Sept 18 th	Body Sculpting	Stacey Tully	Claudette 1
	8:15 am	9:00 am	Spin Sept 18 th	Spin	Stacey Tully	Court 4
	8:15 am	9:00 am	Barre Above	Fusion Of Ballet/Strength	Meg Sicotte	Claudette 1
	9:15 am	10:15 am	Zumba	75 minutes	Kathy Bourdeau	Claudette 1
	10:30 am	11:00 am	LIFT & LAUGH	Strength Circuits 18 th	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	Court 4