



**group fitness center  
for everyone!**

**schedule  
june 1st - 30th**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00am - 6:45am kickboxing	6:00am - 6:45am instructor's choice		6:00am - 6:45am SPINNING ann	6:00am - 6:45am muscle conditioning		
					 with master instructor ann saldi! (stay tuned for dates)	8:00am - 9:00am muscle conditioning deb mcd (deb d. 6/22)
9:15am - 10:10am kickboxing	9:15am - 10:10am SPINNING endurance ride *you must sign-up for this class*	9:15am - 9:45am upper body blast	9:15am - 10:10am muscle conditioning	9:15am - 10:10am step interval	8:30am - 9:30am 20/20/20	9:00am - 9:45am SPINNING deb mcd (deb d. 6/22)
10:15am - 11:00am pilates	10:15am - 11:00am stability ball conditioning	9:45am - 10:30am sport step	10:15am - 11:00am SPINNING strength ride *you must sign-up for this class*	10:15am - 10:45am lower body blast	9:30am - 10:00am drills & abs	
6:00pm - 6:45pm instructor's choice	5:45pm - 6:30pm stability ball conditioning	6:00pm - 6:45pm kickboxing	6:00pm - 6:45pm SPINNING erin			
6:45pm - 7:30pm pilates	6:30pm - 8:00pm SPINNING long endurance ride paul	6:45pm - 7:45pm multi-level flow yoga	6:45pm - 7:30pm muscle conditioning			 members \$5 non-members \$10
					deb dushku 774-573-7193 fit@charter.net www.firstraining.com	f.i.t. 9 menfi way hopedale, ma (outside the hopedale airport, just off hartford avenue)

**\*\*class schedule & instructors subject to change without notice. f.i.t. reserves the right to cancel classes at any time\*\***