MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:00am **Yoga** Tara				
8:00-9:00am **Yoga** Sheila		8:00-9:00am **Yoga** Tara-		8:00-9:00am **Yoga** Bob		
9:30-10:30am **Weight Lift** Christa	9:00-10:00m **Step Combo** Angela	9:30-10:30am **Zumba** Sally		9:30-10:30am **MELT** Specialty Class Sheila Begin date TBD	8:00-9:00m **Bootcamp** Andy	
	10:30-11:30am **Above Barre** Christa				9:30am-10:30am **Step Combo** Anna	
					11-12pm **Zumba** Taunika	
5:15-6:15pm **Muscle** Andy New Time Begins 10/11	5:15-6:15pm **Zumba** Taunika New Time Begins10/12	5:15pm-6:15pm **Step Combo** Angela New time Begins 10/13	5:00pm-6:00pm TRX HIT Small Grp Training Kim Begin date TBD			
6:30-7:30pm **Slow Flow Yoga** Karen	6:30-7:30pm **Step Combo** Anna	6:30pm-7:30pm **Zumba** Cinthya	6:30-7:30pm **Yoga** Bob			

WESTFORD REGENCY
inn & conference center

Hours of Operation

Monday-Thursday 5:00am-9:30pm
Friday 5:00am-8:00pm
Saturday & Sunday 7:00am-6:00pm

WRHC
219 Littleton Road, Westford, MA 01886

INDOOR CYCLE

MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
		6:00-6:30am Tara		6:00-7:00am Meg	7:15-8:15am Meg	
9:15-10:15am Sheila		9:15-10:15am Todd		9:15-10:15am Sally		8:00-9:00am Mary
	6:00-7:00pm Sally		6:00-7:00pm April			

WATER AEROBIC CLASSES

MON.	TUE.	WED.	THUR	FRI.	SAT.	SUN.
9:00-10:00am Lorena		9:00-10:00am Lorena		9:00-10:00am Diane	9:00-10:00am **AquaZumba** Vera	
6:30-7:30pm **AquaZumba** Vera		6:30-7:30pm **AquaZumba** Taunika				

***NOTE: Indoor cycle class will be an hour 6-7am.**
Cycling classes require advance reservation. Class schedule & club hours subject to change.
Specialty Classes & SGT Classes require advance reservation and payment.

10/1/21