


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY				
		6:30-7:00am <b>Yoga</b> Tara								
8:00-9:00am <b>Yoga</b> Sheila		8:00-9:00am <b>Yoga</b> Tara		8:00-9:00am <b>Yoga</b> Bob						
9:30-10:30am <b>Weight Lift</b> Christa	9:00-10:00m <b>Step Combo</b> Angela	9:30-10:30am <b>Zumba</b> Sally		9:30-10:30am <b>True Functional Fitness</b> Sheila Begins 11/19	8:00-9:00m <b>Bootcamp</b> Andy					
					9:30am-10:30am <b>Step Combo</b> Anna					
					11-12pm <b>Zumba</b> Taunika					
				<p align="center"><b>Hours of Operation</b>  Monday-Thursday 5:00am-9:30pm  Friday 5:00am-8:00pm  Saturday &amp; Sunday 7:00am-6:00pm  WRHC  219 Littleton Road, Westford, MA 01886  Health Club Director: scoombes@westfordregency.com  (978)850-4931</p>						
5:15-6:15pm <b>Muscle</b> Andy	5:15-6:15pm <b>Zumba</b> Taunika	5:15pm-6:15pm <b>Step Combo</b> Angela	5:15pm-6:15pm Small Grp Training Kim Begins 12/2 Sign up at HC Front Desk							
6:30-7:30pm <b>Slow Flow Yoga</b> Karen	6:30-7:30pm <b>Step Combo</b> Anna	6:30pm-7:30pm <b>Zumba</b> Cinthya	6:30-7:30pm <b>Yoga</b> Bob							
<b>INDOOR CYCLE</b>			<b>WATER AEROBIC CLASSES</b>							
				MON.	TUE.	WED.	THUR	FRI.	SAT.	SUN.
		6:00-6:30am Tara		6:00-7:00am Meg	7:15-8:15am Meg			9:00-10:00am Diane	9:00-10:00am <b>AquaZumba</b> Vera	
9:15-10:15am Sheila		9:15-10:15am Todd		9:15-10:15am Sally		6:30-7:30pm <b>AquaZumba</b> Taunika				
	6:00-7:00pm Sally		6:00-7:00pm April	<p><b>Cycling classes require advance reservation. Class schedule &amp; club hours subject to change.</b>  <b>Specialty Classes &amp; SGT Classes require advance reservation and payment.</b></p>						