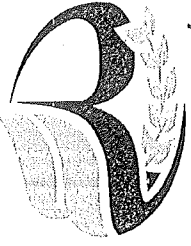


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:00am Yoga Tara			 WESTFORD REGENCY inn & conference center	
8:00-9:00am Yoga Sheila		8:00-9:00am Yoga Tara		8:00-9:00am Yoga Bob		
9:15-10:15am Weight Lift Christa New time begins 3/28	9:15-10:15am Step Combo Angela New time begins 3/29	9:15-10:15am Zumba Sally New time begins 3/30	9:15-10:15am **Step Combo / Strong Mariel / Angela Begins 4/7 (weekly rotation)	9:15-10:15am True Functional Fitness Sheila New time begins 4/1		8:00-9:00am Bootcamp Andy
					9:15-10:15am Step Combo Anna New time begins 4/2	
					10:30-11:30am Zumba Staff New time begins 4/2	

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
 Health Club Director: scoombes@westfordregency.com
 (978)850-4931

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 Aqua-Zumba Vera		6:30-7:30pm AquaZumba Taunika				

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 Staff		9:15-10:15am Sally		8:00-9:00am Mary /Emily

Cycling classes require advance reservation. Class schedule & club hours subject to change.
 Specialty Classes & SGT Classes require advance reservation and payment.
 ** Please note: Class format will rotate weekly and subject to change.