


PAXTON SPORTS CENTRE, INC.

603 Pleasant Street, Paxton, Ma 01612 (508) 755-8223



GROUP FITNESS SCHEDULE

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30AM-8:30AM				Yoga		Cycling	
8:00AM-9:00AM	Silver Sneakers® I Muscular Strength		Silver Sneakers® I Muscular Strength		Silver Sneakers® II Cardio		
8:15AM-9:00AM	Aqua Fitness						
8:30AM-9:00AM		SENIOR WORKOUT		SENIOR WORKOUT			
8:30AM-9:30AM						Pilates fusion	
9:00AM-10:00AM		Aqua Fitness		Aqua Fitness			
9:00AM-10:00AM	Step	Cycling	Step and Sculpt	Cycling	Step and Sculpt		<i>Circuit Training</i>
10:00AM-10:15AM		Muscle Blast					
5:00PM		Kid's Karate*		Kid's Karate*			
5:30PM-6:30PM	Cycling						
6:00PM-7:00PM			Cycling				
6:00PM-7:00PM	Aqua Fitness		Aqua Fitness	Cardio Strength			
6:30PM-7:30PM	Step and Sculpt						
7:00PM-7:30PM				Pilates			