



Derry Medical Center's Fitness Studio


Effective: 3/03/17

MARCH CLASS SCHEDULE

Register: From the derrymedicalcenter.com website: click on *Wellness & Fitness Programs*, then *Fitness Studio*, then *Register for classes online*. Create a username & password. Go to the *Online Store* tab to purchase classes, or visit the *Classes* tab to register and view classes. Call us at (603) 537-3032 with any questions regarding sign-up.

TRY A WEEK OF CLASSES FOR FREE! Enter the promotion code **"FREE7TRIAL"** to try our classes before you purchase a package! (New members only)

Seniors 65 years or older: Enter the code **"SENIOR"** for a 10% discount on all class package options! Fitness Studio: (603) 537-3032 | Wellness Front Desk: (603) 537-3033

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO	GYM	STUDIO
	9:00-9:45 Pilates Linda		9:00-10:00 Barre Brenda C	9:00-9:45 Pilates Brenda C		9:00-9:45 TRX FUSION Lorna	9:00- 9:45 Tai Chi Brenda	8:00-8:45 Body Sculpt Lorna			8:00-8:45 Qigong Brenda
10:00-10:45 Cardio Circuit Karen	10:00-10:45 Chair Yoga Linda	10:00-10:45 Cardio Circuit 101 Karen		10:00-10:45 Gentle Barre Brenda C	10:00-10:45 Cardio Circuit 101 Karen	10:00-10:45 Active Seniors Lorna		9:00-9:45 Cardio Circuit Lorna	10:00-10:45 Movement for Arthritis Mel S.	9:00-9:45 Cardio Circuit Stacey/Sarah	
11:00-11:45 Active Seniors Karen		11:00-11:45 Movement for Arthritis Karen	11:15-12:00 Functional Fitness 101* Mel S		11:00-11:45 Active Seniors Karen	11:00-11:45 Legs 101 Mel S.		11:00-11:45 Chair Core & Balance Mel S			10:00-10:45 Pilates Stacey/Sarah
4:30-5:15 Yo-Pilates Fusion Sarah	4:30-5:15 TRX Lorna	4:30-5:15 Cardio Only Lorna		 4:30-5:15 Stacey		4:30-5:15 Strong Stretch Stacey		4:30-5:15 TRX Mel O.	FREE Yoga & Cancer 4:30-5:30 Jonna		
5:30-6:15 Shoulders & Arms Lorna	5:30-6:15 Gentle Yoga Flow Sarah	5:30-6:15 Legs Defined Lorna	5:30- 6:15 Gentle Yoga Jonna	5:30- 6:15 Cardio Only Stacey		5:30- 6:15 Cardio Circuit Stacey	5:30- 6:15 Tai Chi Brenda		6:00-7:00 Gentle Yoga Flow Jonna		
6:30-7:15 Cardio Only Lorna		6:30-7:15 TRX FUSION Lorna	6:30-7:15 Gentle Yoga Flow Jonna	6:30-7:15 Pilates Stacey		BLOCKED FOR USE 6:30-7:15PM Sarah					

Classes subject to change due to participation. Please check mindbodyonline.com to confirm class time and availability.

Cancellation Policy: Classes may be cancelled due to inclement weather, cancellations will be made 12 hours in advance via MindBody Online.

*Starts 1/17/17