



THE SHREWSBURY CLUB

Tennis - Fitness - Athletics

Fitness and Group Exercise Schedule

Monday

8:30am..... Muscle Mix with Lori
9:30am..... Sculpt & Tone with Katrina
6:00pm..... Yoga with Alicja

Tuesday

8:30am..... Yoga with Alicja
6:00pm..... Spin with Katrina

Wednesday

8:30am..... Weights / Pilates with Lori
9:30am..... Body Blast with Katrina
6:00pm..... Triple Threat with Melissa

Thursday

8:30am..... Strength & Cardio with Lori
6:00pm..... Spin with Krissy

Friday

8:30am..... Mash Up with Lori

Saturday

8:30am..... Triple Threat with Lori
9:30am..... Yoga with Mary

Sunday

8:30am..... Strength Intervals with Melissa

Muscle Mix is a high/low intensity, strength training class that uses hand weights, exercise bands, physio balls, steps, and body bars. You will experience a workout that trains every major muscle group in the entire body, using a variety of equipment and exercises so that you'll never get bored. No muscle gets neglected in this class.

Triple Threat is cardio, strength, and core training designed to help you get the most out of your workout. Using a variety of equipment, this class is designed to work every major muscle group in the body. It is designed for all fitness levels.

Strength & Cardio is a high-intensity, full-body workout that targets the major muscle groups of the upper/lower body. From circuit-style, tabata style, muscle toning exercises using dumbbells, exercise bands, step, bosu, medicine ball, and body weight. Each class brings its own unique challenges. No two class are the same. Members will improve cardiovascular stamina, core strength, and flexibility.

Mashup is total body cardio and strength in multi formats. You move from one element to the next, switching from body weight to weights, timed intervals to number of reps. It is a great way to integrate all your favorite exercises and get the maximum results. Mixing it up is good for both your muscles and your mind.

Sculpt & Tone is a class that focuses on adding definition to your physique by including weights & music to keep the heart rate up while toning the whole body.

Body Blast is a combination class that offers various movements from low/high impact, step, kickboxing, muscular strength, & endurance to have a fun and challenging workout.

*Modifications are shown for each exercise so that everyone can workout at their own level.

*Every class is open to all levels.