



THE SHREWSBURY CLUB FALL/WINTER 2026

Group Exercise Schedule



	MON	TUE	WED	THU	FRI	SAT	SUN
8:30AM	Mash Up with Lori	Zumba + Lift with Nikki	Pilates Fusion with Lori	Zumba + Lift with Nikki	Scupt Yoga with Alicja	Mash Up With Lori	Strength Intervals with Melissa
9:00AM							
9:30AM	Restorative Yoga w Alicja		Restorative Yoga w Alicja				Zumba with Nikki
5:00PM				Zumba with Shannon			
5:30PM			MIXXEDFIT with Nikki				
6:00PM	Barre With Shannon	Spin with Chrissy			Spin with Chrissy		
6:30PM							
7:30PM							

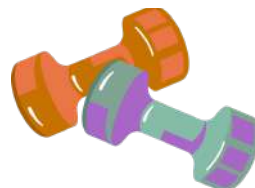


WORK HARD, SWEAT HARDER,
AND FIND YOUR PEOPLE ALONG THE WAY.



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Class Descriptions



Restorative Yoga

A slow, calming practice focused on deep relaxation and recovery. Using props and gentle poses, this class helps release tension, improve flexibility, and restore both body and mind.

Barre

A low-impact, high-burn workout that blends ballet-inspired movements with strength training. Focus on small, controlled movements to tone muscles, improve posture, and build core stability.

Zumba

A high-energy, dance-based cardio class set to Latin and international music. Burn calories, boost your mood, and have fun while moving to easy-to-follow choreography.

Spin

An intense indoor cycling workout set to motivating music. Build endurance, strengthen your legs and glutes, and push your cardiovascular limits in this sweat-dripping ride.

Pilates Fusion

A core-focused workout that blends traditional Pilates with strength and flexibility training. Improve posture, balance, and muscle tone while building a strong, stable foundation.

MIXXEDFIT

A people-inspired dance fitness program combining explosive movements with bodyweight toning. Fun, fierce, and empowering—this class feels more like a party than a workout.

Zumba Lift

A unique fusion of Zumba and strength training using light weights. Dance to the beat while sculpting and toning your arms, core, and lower body.

Sculpt Yoga

A dynamic yoga class that combines traditional flows with strength training elements. Build muscle, increase flexibility, and elevate your heart rate.

Strength Intervals

A high-intensity workout alternating between strength exercises and short bursts of cardio. Designed to build muscle, boost endurance, and maximize calorie burn.

Mash Up

A mix of multiple formats and modalities using all of equipment in the group exercise studio—cardio, strength, and flexibility—for a varied and engaging workout. This class keeps things fresh while delivering a full-body challenge. No class is the same, it can be HIIT, Tabata, etc.