



## HINGHAM RECREATION DROP-IN FITNESS SCHEDULE

### **MONDAY**

**5:30AM** - SPIN w/TERRY  
**8:30AM** - SPIN w/POLLY  
**9:15AM** - BOOT CAMP w/TORY  
**9:45AM** - HATHA YOGA  
w/CAROLYN/KATHY  
**4:45PM** - SPIN w/AMY

### **TUESDAY**

**5:30AM** - SPIN w/DAWN  
**8:00am** - SPIN w/AMY  
**8:30AM** - YIN YOGA W/CAROLYN  
**10:00AM** - DANCE FITNESS w/KATHY  
**6:30PM** - YOGA w/TORY

### **WEDNESDAY**

**5:30AM** - SPIN w/VIVIAN  
**7:15AM** - SPIN w/DAWN  
**8:30AM** - HATHA YOGA W/JEN  
**8:30AM** - SPIN w/POLLY  
**9:15AM** - BOOT CAMP w/TORY  
**5:45PM** - SPIN w/CAROL

### **THURSDAY**

**8:00AM** - SPIN w/AMY  
**9:00AM** - YOGA STRETCH  
w/CAROLYN/KATHY  
**4:45PM** - SPIN w/AMY

### **FRIDAY**

**8:00AM** - SPIN w/DAWN  
**8:00AM** - YOGA FLOW w/JEN @Rec Barn  
**9:15AM** - BOOT CAMP w/TORY

### **SATURDAY**

**8:30AM** - HATHA YOGA W/JEN  
**8:30AM** - SPIN w/TORY

### **SUNDAY**

**8:30AM** - SPIN w/CAROL

**Fitness Tickets: ONLY \$10/each! Buy 10 tickets for \$90!**  
**You may purchase them in any quantity in the Fitness Room or in the Rec Office.**

**CHILDCARE AVAILABLE**  
**MON-FRI 8:30am-11:30am**