



# HINGHAM RECREATION DROP-IN FITNESS SCHEDULE

CLASSES BEGIN SUNDAY, SEPTEMBER 9<sup>TH</sup>

## **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**

**8:00AM** - SPIN w/AMY  
**8:30AM** - YIN YOGA W/CAROLYN  
**10:00AM** - DANCE FITNESS w/KATHY

## **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

## **THURSDAY**

**8:00AM** - SPIN w/AMY  
**9:00AM** - YOGA STRETCH  
w/CAROLYN/KATHY  
**4:45PM** - SPIN w/AMY  
**6:30PM** - YOGA w/TORY

## **FRIDAY**

**8:30AM** - 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** - YOGA w/CAROLYN  
**9:00AM** - SPIN w/TORY

**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**