

# HINGHAM RECREATION DROP-IN FITNESS SCHEDULE SUMMER 2019

June 16 - September 8

## MONDAY

5:30AM - SPIN w/TERRY  
8:30AM - BOOT CAMP IN THE FIELD  
4:45PM - SPIN w/AMY

## WEDNESDAY

5:30AM - SPIN w/VIVIAN  
7:00AM - SPIN w/DAWN  
8:30AM - BOOT CAMP IN THE FIELD  
4:45PM - SPIN w/AMY

## FRIDAY

7:00AM - SPIN w/DAWN  
8:30AM - BOOT CAMP IN THE FIELD

## TUESDAY

5:30AM - BOOT CAMP w/DAWN D  
9:30AM - HINGHAM HIIT w/KELLY @ THE HARBOR  
4:45PM - SPIN w/KAYLEE  
7:00PM - YOGA AT THE BARN

## THURSDAY

5:30AM - BOOT CAMP w/DAWN D  
7:00AM - SPIN w/AMY  
8:30AM - YOGA AT THE HARBOR  
9:30AM - HINGHAM HIIT w/KELLY @ THE HARBOR  
6:00PM - SPIN w/BEN

## SATURDAY

8:30AM - SPIN w/TERRY  
8:30AM - YOGA AT THE HARBOR

## SUNDAY

9:00AM - SPIN w/KAYLEE



Fitness Tickets: ONLY \$10/each!  
Buy 10 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