

HINGHAM RECREATION DROP-IN FITNESS SCHEDULE

FALL 2019

MONDAYS

5:30AM - POWER CYCLE W/TERRY
8:30AM - PEDAL TO THE METAL W/POLLY
9:15AM - BOOT CAMP W/TORY
9:45AM - HATHA YOGA W/CAROLYN/KATHY
4:45PM - CYCLE W/AMY

THURSDAYS

6:00AM - BOOT CAMP W/DAWN D
8:00AM - CYCLE W/AMY (W/WEIGHTS)
9:00AM - HATHA YOGA W/CAROLYN/KATHY
9:15AM - CARDIO, CORE, & STRETCH W/KELLY
4:45PM - CYCLE W/AMY (W/WEIGHTS)
6:00PM - CYCLE W/BEN

BEGINNING SEPTEMBER 8TH

TUESDAYS

6:00AM - BOOT CAMP W/DAWN D
8:00AM - CYCLE W/DAWN
8:30AM - YIN YOGA W/CAROLYN
9:15AM - CARDIO, CORE, & STRETCH W/KELLY
10:00AM - DANCE FITNESS W/KATHY

FRIDAYS

8:00AM - CYCLE W/DAWN
8:00AM - YOGA FLOW W/JEN @REC BARN
9:15AM - BOOT CAMP W/TORY

WEDNESDAYS

5:30AM - CYCLE PUMP W/VIVIAN
7:15AM - CYCLE W/DAWN
8:30AM - HATHA YOGA W/JEN
8:30AM - PEDAL TO THE METAL W/POLLY
9:15AM - BOOT CAMP W/TORY

SATURDAYS

8:30AM - HATHA YOGA W/JEN
8:30AM - CYCLE W/TORY OR TERRY

SUNDAYS

8:30AM - YOGA W/CAROLYN
9:00AM - CYCLE & YOGA 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 MONDAY THROUGH FRIDAY 8:30AM-11:30AM