



MORNING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	5:45 AM (Kathy) SPINNING 		5:45 AM (Lisa) SPINNING 	6:00 AM (Lou) SPINNING 	7:00 AM (Matt) CARDIO TENNIS 	
6:00 AM (Lou) SPINNING 	6:00 AM (Dawn) GROUP XPOWER 	6:00 AM (Lou) SPINNING 	6:00 AM (Dawn) GROUP XPOWER 	7:00 AM (Matt) CARDIO TENNIS 	7:30 AM (Lou) SPINNING 	8:00 AM (Lou) SPINNING
		6:30 AM (Brian) CARDIO TENNIS 	6:30 AM (Brian) CARDIO TENNIS 	9:00 AM (Maureen) GROUP XPOWER 		9:00 AM (Selena) GROUP STEP
9:00 AM (Missy) GROUP STEP 	8:00 AM (Brien) CARDIO TENNIS 	9:00 AM (Missy) GROUP KICK 	9:00 AM (Missy) GROUP STEP 	10:00 AM (Tim) GROUP KICK 	9:00 AM (Karen) GROUP XPOWER 	9:30 AM (Rotate) SPINNING
10:00 AM (Missy) GROUP XPOWER 	9:00 AM (Maureen) ZUMBA 		10:00 AM (Theresa) SPINNING 	10:00 AM (Theresa) SPINNING 	10:00 AM (Maureen) GROUP KICK 	10:00 AM (Maureen) ZUMBA
12:00 PM (Matt) CARDIO TENNIS 	10:00 AM (Theresa) SPINNING 	10:00 AM (Missy) GROUP XPOWER 	10:00 AM (Ken) Functional Training	10:00 AM (Brien) CARDIO TENNIS 	10:00 AM (Theresa) SPINNING 	
1:00 PM (Matt) CARDIO TENNIS 		11:30 AM (Matt) CARDIO TENNIS 	12:00 PM (Matt) CARDIO TENNIS 	11:00 AM (Brien) CARDIO TENNIS 		

EVENING CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
4:30 PM (Karen) GROUP XPOWER 	4:30 PM (Selena) GROUP STEP 	5:30 PM (Tim) GROUP KICK 	5:30 PM (Jeanne) GROUP XPOWER 	5:30 PM (Maureen) ZUMBA
5:30 PM (Maureen) GROUP KICK 	5:30 PM (Lori) KICKBOXING Racquetball Court (Karen) GROUP XPOWER 	6:30 PM (Jeanne) SPINNING 	6:30 PM (Tim) KICKBOXING 	5:30 PM (Jeanne) CYCLE TONE
5:30 PM (Jeanne) SPINNING 	6:30 PM (Dave) SPINNING 	6:30 PM (Kathy) Core Strength Yoga 	6:30 PM (Dave) SPINNING 	
6:30 PM (Kathy) Gentle Yoga 	7:00 PM March 2-30 BEGINNER Ballroom Dancing 	44 Cray Street • Cumberland Telephone: 401-333-4480 www.forecourtri.com		

Fitness Center HOURS

Monday - Friday
5:30 am to 9:30 pm

Saturday
7:00 am to 5:00 pm

Sunday
7:00 am to 4:00 pm

