

**Derry Medical Center's Studio  
2019 FITNESS CLASS SCHEDULE**

**Effective: 1/24/19**

**Register:** From the [derrymedicalservices.com](http://derrymedicalservices.com) website: scroll on *Wellness*, then Click *Fitness Studio & Class Registration* then *Register for classes online*. Create a username & password.  
Go to the *Online Store* tab to purchase classes, or visit the *Classes* tab to register and view classes. Call us at (603) 537-3033 with any questions regarding sign-up.

**TRY A WEEK OF CLASSES FOR FREE!** Enter the promotion code **"FREE7TRIAL"** to try our classes before you purchase a package! (New members only)  
**Seniors 65 years or older:** Enter the code **"SENIOR"** for a 10% discount on all class package options! Fitness Studio: (603) 537-3033

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
STUDIO		STUDIO		STUDIO		STUDIO		STUDIO		STUDIO	
8:30-9:15 <b>Cardio Circuit</b> Karen	x	8:30-9:25 <b>Barre</b> Brenda C	x	8:30-9:15 <b>Pilates</b> Brenda C	x	8:00-8:45 <b>TRX</b> <b>FUSION</b> Linda	X	8:00-8:45 <b>Body Sculpt</b> Karen	x		
9:30-10:15 <b>Pilates</b> Linda		9:30-10:15 <b>Cardio Circuit 101</b> Karen	X	9:30-10:15 <b>Barre</b> Brenda C	X	9:30-10:15 <b>Functional Fitness 101</b> Stacey	X	8:45-9:30 <b>Cardio Circuit</b> Karen	x	9:00-9:45 <b>Cardio Circuit</b> Stacey	
10:30-11:15 <b>Chair yoga</b> Linda	x	10:30-11:15 <b>Movement for Arthritis</b> Karen	X	10:30-11:15 <b>Active Seniors</b> Karen	x	10:30-11:15 <b>ZUMBA</b> Stacey		9:45-10:30 <b>Chair Core &amp; Balance</b> Mel S	x	9:45-10:15 <b>Pilates</b> Stacey	
11:30-12:15 <b>Active Seniors</b> Karen	x	11:30-12:15 <b>Functional Fitness</b> Mel S	X	11:30-12:15 <b>Strong Stretch</b> Karen	x		X	10:30-11:15 <b>Movement for Arthritis</b> Mel S	x		
	x		x	1:30-3:00 <b>Life Beyond Pain</b> Debbie	x		X		x		
4:30- 5:15 <b>TRX</b> Linda	X		X		X		X		x		
5:30-6:15 <b>Body Sculpt</b> Linda	X	5:30-6:30 <b>Yoga Flow</b> Debbie	X	5:30-6:15 <b>Cardio Blast</b> Stacey	X	5:00- 5:45 <b>Cardio Circuit</b> Stacey	X	5:30-6:30 <b>Gentle Yoga &amp; Mindful stretching</b> Debbie	x		
6:15-7:00 <b>Pilates</b> Stacey	. X		X		X		X		x		

*Classes subject to change due to participation. Please check [mindbodyonline.com](http://mindbodyonline.com) to confirm class time and availability.*

**Cancellation Policy:** *Classes may be cancelled due to inclement weather, cancellations will be made 12 hours in advance via MindBody Online.*