








# PEABODY

216 Newbury St. Peabody, MA 01960  
Phone: 978-530-4242

## Group Exercise Schedule

Questions, Comments, or Concerns?  
Email: Peabody@wowgyms.com

**09/03/19**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15AM - 6:00AM Insanity <i>Rich Desir</i>	5:15AM - 6:00AM Body Chisel <i>Tonia Costa</i>	5:15AM - 6:00AM Interval Circuits <i>Tonia Costa</i>	5:15AM - 6:00AM Studio Cycle <i>Rich Desir</i>		8:30AM - 9:25AM Studio Cycle & Tone <i>Diane Klapman</i>	
8:45M - 9:40AM Studio Cycle <i>Lyn Clark</i>	8:45M - 9:40AM Barre <i>Heather Saxe</i>	8:45M - 9:40AM Studio Cycle <i>Michelle Zelikman</i>	8:45M - 9:40AM CYCLONE <i>Paula Rayworth</i>	9:00AM - 9:40AM Time To Shred <i>Martina Doucette</i>	9:30AM - 10:25AM Zumba® <i>Shannon Chretien</i>	8:30AM - 9:25AM Kettlebell Body <i>Mike Palmer</i>
9:45AM - 10:40AM Body Chisel <i>Lyn Clark</i>	9:45AM - 10:40AM Pure Strength & Cardio <i>Heather Saxe</i>	9:45AM - 10:40AM Muscle Confusion <i>Michelle Zelikman</i>	9:45AM - 10:40AM Yoga <i>Jessica Brooke</i>			

Class Descriptions available on reverse side

We strongly encourage members to cross-train  
and take a variety of classes for the best results

**Please note: Classes and instructors subject to change**

Did you know most health insurance  
companies will reimburse your gym  
membership fees?

	5:30PM - 6:25PM Studio Cycle <i>Martina Doucette</i>	5:30PM-6:25PM HIIT The Step <i>Heather Saxe</i>	
6:30PM - 7:25PM Kick and Tone® <i>Jen Lombardi</i>	6:30PM - 7:25PM Time To Shred <i>Martina Doucette</i>	6:30PM - 7:25PM Barre <i>Heather Saxe</i>	6:30PM - 7:25PM Kick and ABS <i>Jen Lombardi</i>
7:30PM - 8:25PM Zumba <i>Nicole Boudreault</i>	7:30PM - 8:25PM Zumba® <i>Shannon Chretien</i>		7:30PM - 8:25PM Zumba® <i>Nicole Boudreault</i>

Have you scheduled  
your FREE  
assessment with  
our personal  
trainers yet? Book  
Today to get results  
even faster!



[Facebook.com/WOWPeabody](https://www.facebook.com/WOWPeabody)

### Health Club Hours

OPEN 24 Hours  
7 Days/Week

### Babysitting Hours

Monday - Friday  
8:30AM - 12:00PM  
4:30PM - 8:30PM  
Weekends  
8:30AM - 12:00PM

Please see club or facebook page for  
holiday hours, group exercise updates  
or emergency closings.

## FALL INTO FITNESS!

WITH OUR GROUP EXERCISE CLASSES AND PERSONAL TRAINING

## FEATURED CLASS

### Muscle Confusion with Michelle Zelikman

Featured Classes are Free gold members, platinum members, and platinum members guests.  
Featured Classes subject to change due to popularity and availability



