



SLS FITNESS

STRENGTH AND CONDITIONING CENTER

Front Desk Contact Information	
Phone	978-459-5959
Email	staff@slsfitness.com
Club Hours of Operation	
Monday - Thursday	5:15 AM - 8:00 PM
Friday	5 AM - 4 PM
Saturday	5:45 AM - 1:00 PM
Sunday	7:00 AM - 11:00 AM

SLS Virtual & In-House Schedule

Key: I/Z= Indoor & Zoom - Green= Beginner/Entry Level Fitness - Purple= 65+ Senior Level - Orange= Youth Class - Baby Blue= Yoga/Meditation/Aerial - Red= Advanced

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 AM		Combat Strength Nick (45 min)			Cardio Strength Olivia		
5:30 AM	Metabolic Effect Taylor - I/Z	Boxing Bag Kyle	Strength Training Steven	Spinning Taylor			
5:45 AM						Warrior Steven (1 hr)	
6:00 AM	Circuit Training Taylor	Bodyweight Interval Nick - I/Z	Metabolic Effect Steven I/Z	Strength Training Alexis I/Z	Spinning Olivia		
6:30 AM					Stretch and Mobility Olivia - I/Z		
6:45 AM						Warrior Steven (1 hr)	
7:00 AM		Circuit Training Nick	Bootcamp Steven I/Z		Bootcamp Colleen		
7:00 AM				Spinning Taylor			
7:15 AM						Boxing Circuit (45 Min) Colleen	
7:30 AM	Weight Room Frank	Beginner Strength Frank I/Z			Boxing Bag Colleen	Spinning Emily	Spinning Taylor
8:00 AM	Ignite Pilates Susan - I/Z	Combine (45 min) Donny	Metabolic Effect Steven - I/Z	Play On! Donny (1 hr)	Cardio Strength Nick	Boxing Bag Colleen	Circuit Training (45 min) Josh
8:00 AM						Metabolic Effect Steven - I/Z	
8:30 AM						Beginner Boxing Colleen	Gentle Yoga Flow Taylor (45 min) - I/Z
8:30 AM						Stretch and Mobility Sherri - I/Z	
8:45 AM					Boxing Bag & Stretch Colleen (45 min)		
9:15 AM	Metabolic Effect Sherri - I/Z	Circuit Training Nick	Strength Training Frank - I/Z	Barbell Weight Room Nick (45 min)	TRX/Kettlebell Becky	Strength Training Sherri - I/Z	Barbell Weight Room (45 min) Josh
9:15 AM				Yoga Flow Susan (1 Hr) - I/Z			
9:45 AM	Stretch & Mobility Holly - I/Z					20-min Cardio Interval Boxing Sherri - I/Z	
10:00 AM			Strength for Posture Susan			Beginner Strength Frank	
10:00 AM				Strength for Bone Health Susan		High School Strength and Conditioning Kevin (45 min)	
10:15 AM						Rocksteady Boxing for Parkinson's	
10:30 AM		65+/Parkinson's TRX/Weight Room Frank (1 hr)					
10:45 AM	65+/Parkinson's Strength & Stretch Susan (1 hr)- I/Z		65+/Parkinson's 20/20/20 Susan (1 hr)- I/Z				
11:00 AM		Rock Steady Boxing for Parkinson's Becky					
11:15 AM						Barbell Weight Room (45min) Kevin	
11:30 AM		65+ Dance for Your Heart Holly		65+/Parkinson's Circuit Susan (1 hr)		Kid's Speed & Agility Frank	
11:45 AM	Aerial Silks Meditation (15min) Susan						
12:00 PM	Met Power 10 Alexis - I/Z	Cardio Strength Colleen - I/Z	Strength Training Nick - I/Z	Metabolic Effect Donny - I/Z	Weight Room Becky	Middle School Strength (45mins) Frank	
12:00 PM			Spin / Strength (45 mins) Susan				
12:30 PM	Aerial Silks Susan			Express Yoga Susan (30mins) - I/Z			
3:15 PM					Barbell Weight Room (45 min) Kevin		
3:30 PM	Circuit Training Nick	Spin / Strength Taylor (45 min)	Weight Room Frank	Metabolic Boxing Bag Josh			
3:30 PM	Beginner Core Josh I/Z						
4:00 PM							
4:15 PM	Met Power 10 Nick I/Z	Cardio Strength Rachel	Barbell Weight Room (45min) Donny	Core Conditioning Josh - I/Z			
4:30 PM	Kids Boxing Josh	Kids Boxing Colleen	Kids Boxing Josh	Kids Boxing Colleen			
5:00 PM			Beginner Strength Frank	Combat Strength Steven (45 min)			
5:00 PM				Isometric Barre Holly (45min)			
5:00 PM		Isometric Barre Holly (45 min)		Beginner Strength Frank I/Z			
5:15 PM	Boxing Pads & Bag (45 min) Colleen	Boxing Circuit & Stretch (45 min) Colleen	Boxing Circuit (45 min) Josh				
5:15 PM			Prenatal & Postpartum Strength Training Holly (I/Z)				
5:15 PM	Barbell Weight Room (45 min) Josh	Strength Training Rachel - I/Z	Advanced Circuit (45 min) Nick	Boxing Bag Colleen			
5:30 PM	Ignite Pilates Holly- I/Z						
5:45 PM		Ride & Row Rachel					
6:00 PM	Met Power 10 Steven - I/Z		Boxing Bag Josh	Cardio Strength Josh			
6:00 PM	Yin Yoga Daphna (1 hr) - I/Z	Boxing Bag Colleen	Metabolic Effect Frank I/Z	Boxing Pads and Bag Colleen (45 min)			
6:00 PM	Boxing Bag Josh		Yoga Stretch and Stability Amanda (1 hr) - I/Z				
6:00 PM	Middle School Strength Frank						
6:30 PM	MMA Kettleflow Colleen	Weight Room Rachel	Strength & Conditioning Nick	Metabolic Effect Josh - I/Z			

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