

Schedule Start Date:
June, 5th 2017

SLS FITNESS

STRENGTH AND CONDITIONING CENTER

Key: Red= Beginner/Entry Level Fitness Orange= 65+ Senior Level Purple=Prenatal Classes Green= Kids Class Blue= Yoga/Meditation/Aerial Black= Medium-Advanced Level Fitness

CLUB HOURS OF OPERATION	
Monday - Thursday	5:30AM - 8:00PM
Friday	5:30AM - 7:00PM
Saturday	6:30AM - 12:30PM
Sunday	7:30AM - 12:30PM

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 AM	Boxing Bag Shawn		Metabolic Effect Steven		Adv Circuit Training Steven
5:45 AM		Weight Room Kellie		Spinning Kellie	
6:00 AM			Weight Room Steven		Metabolic Effect Steven
6:05 AM	Metabolic Effect Shawn				
6:15 AM		Cardio Strength Kellie		Weight Room Kellie	
7:30 AM	Metabolic Effect Shawn			Metabolic Effect Kellie	Weight Room Mel
8:15 AM	Boxing Bag Shawn		Metabolic Effect Steven		
8:30 AM				Boxing Bag Shawn	
8:45 AM	Beginner Core Conditioning Alessio	Metabolic Effect Mel	Beginner TRX Steven		Weight Room Mel
8:45 AM			Boxing Bag Shawn		
9:15 AM	Metabolic Effect Shawn	Adv Circuit Training Alessio	Weight Room Steven	Metabolic Effect Shawn	Cardio Strength Mel (sign-up)
9:15 AM		Spin/Strength Mel			
9:30 AM	Beginner Weight Room Susan				Beginner Weight Room Marie
9:30 AM					Pilates Plus Becky
9:45 AM	Boxing Bag Shawn	Speed and Agility Alessio	Adv Circuit Training Steven	Boxing Bag Shawn	
9:45 AM		TRX Core Conditioning Mel	Boxing Bag Shawn		
9:50 AM					Aerial Silk Stretch Mel
10:00 AM	Mobility for Parkinson's Susan				
10:05 AM					Parkinson's Circuit Training Becky
10:15 AM			Metabolic Effect Shawn		
11:00 AM	65+ Intro Stretch/Yoga Susan	65+ Strength, Mobility, Agility Susan	65+ Strength, Mobility, Agility Susan	65+ Strength, Mobility, Agility Marie	
11:30 AM	Boxing Bag Shawn		Metabolic Effect Shawn		
12:00 PM	Metabolic Effect Shawn	Spin/Strength Susan	Circuit Training Shawn	Cardio Bag Shawn	Metabolic Effect Alessio
12:30 PM	Beginner Aerial Silks Susan	EXPRESS Yoga Flow (30min) Susan	Cardio Bag Shawn	Metabolic Effect Shawn	
12:30 PM			Reiki Meditation (30min) Susan		
3:15 PM	Metabolic Effect Alessio	Spin/Strength Kaitlyn	Adv Circuit Training Alessio	Weight Room Shawn	Metabolic Effect Alessio
4:00 PM	Metabolic Effect Alessio		Metabolic Effect Alessio	Cardio Boxing Bag Shawn	Weight Room Alessio
4:00 PM		Warrior Steven (Sign up)			
4:30 PM	Spinning Julianne (sign-up)	Metabolic Effect Steven	Weight Room Alessio (Sign up)	TRX/Weight Room Nick	Metabolic Effect Alessio
4:30 PM	TRX Core Conditioning Mel			Obstacle Course Mike (Sign up)	
4:30 PM	Kids Boxing (9-15) Shawn	Kids Bootcamp (9-15yrs) Kaitlyn	Kids Boxing (9-15yrs) Shawn	Kids Boxing (9-16yrs) Shawn	
4:30 PM			Spin/Strength Mel (sign-up)		
5:00 PM	Metabolic Effect Mel	Kids Surf (9-15yrs) Kaitlyn	Boxing Bag Shawn (Sign up)	Boxing Bag Shawn	Recovery Alessio
5:00 PM	Weight Room (Sign-up) Alessio	Strength Training Steven	Beginner Core Conditioning Alessio	Metabolic Effect Nick	
5:00 PM	Open Mitt (Sign-up/Fee) Shawn	Beginner Boxing Bag Larry	TRX Strength Mel	Weight Room Mike	
5:00 PM		Speed and Agility Nick (Sign-up)		NEW Sports Performance Alessio	
5:00 PM					
5:15 PM	Boxing Bag Shawn (Sign-up)				
5:30 PM	Beginner Core Conditioning Alessio	Adv Circuit Train Nick/Dan (Sign-up)	Barre Workout (45min) Kathy	Beginner Strength Alessio	Performance Training Alessio
5:30 PM	Speed and Agility George	Cardio Bag Larry	Weight Room Alessio (Sign-up)	Spinning Nick (sign-up)	
5:30 PM	Barre Fusion Shannon (Sign-up)	Prenatal Strength Becky	Speed and Agility George		
5:30 PM					
5:35 PM	Spin/Strength Julianne (sign-up)	Spinning Kaitlyn (sign-up)		Obstacle Course Mike / Dan (Sign up)	
6:00 PM		Adv Circuit Training Nick/Dan (Sign-up)			
6:05 PM				Metabolic Effect Mike	
6:05 PM	Beginner Metabolic Effect Alessio	Gentle Heated Yoga(1hr) Laurie	Metabolic Effect Mel	Cardio Bag Shawn	Metabolic Effect Alessio
6:05 PM	Metabolic Effect Sherri	Metabolic Effect Steven	Cardio Bag Shawn	Speed and Agility Nick	
6:05 PM	Beginner/New to Boxing Shawn	Cardio Bag Larry	Beginner Strength Training Alessio	Beginner TRX/Core Alessio	
6:30 PM		TRX / Weight Room Nick Z (sign up)			
6:35 PM	Interval Boxing Mel	Boxing Technique's Larry		Performance Training Nick (Sign-up)	Weight Room Alessio
6:35 PM			Adv. MMA Training/Sparring- Shawn	Adv. Jiu-Jitsu Shawn	
6:35 PM	Beginner Core Alessio		Beginner TRX/Core Alessio		
6:35 PM	Nidra Yoga (1 hr) Brian		Detox Yoga Sarah (1hr)	Yoga Flow Laurie (1 hr)	
6:35 PM	Adv. Jiu-Jitsu Shawn				
6:45 PM		Beginner Metabolic Effect Steven		Beginner Weight Room Marie	
7:05 PM		Express Yoga (30min) Laurie			
7:15 PM	Metabolic Effect Alessio	Beginner Weight Room Steven		Beginner Circuit Training Marie	
7:30 PM		Performance Training Alessio	Metabolic Effect Alessio		

SATURDAY	
7:00 AM	MMA Circuits Shawn
7:15 AM	Warrior Steven (Sign Up)
7:30 AM	Spin / Strength Kaitlyn
8:00 AM	Metabolic Effect Steven
8:15 AM	Boxing Bag Shawn
8:45 AM	TRX/Strength Steven
8:45-10:45AM	OPEN MITT Shawn (sign up/fee)
9:00 AM	Strength Training Sherri
9:15 AM	Beginner TRX Susan/Alessio
9:30 AM	Interval Boxing Sherri
9:45 AM	Beg. Metabolic Effect-Susan/Alessio
10:00 AM	Parkinson's RSB Melissa
10:15 AM	Metabolic Effect Alessio
10:30 AM	Yoga Flow (1 hr) Laurie
11:00 AM	Weight Room Alessio
11:10 AM	Kids Boxing Shawn (ages 9 & up)
11:15 AM	Parkinson's RSB Melissa
11:30 AM	Heated Yoga Laurie (1 hr)
11:45 AM	Strength & Conditioning Alessio

SLS AMENITIES

- Childcare
- Infrared Sauna
- Personal Training
- Organic Juice Bar
- Nutrition
- Massage
- Corporate Memberships

SUNDAY	
8:00 AM	Metabolic Effect Steven
8:30 AM	Beginner Circuit Steven
8:30 AM	Heated Yoga (1 hr) Sarah
9:05 AM	Boxing Bag Larry (45min)
9:15 AM	Weight Room Steven
9:30 AM	Pre-natal Yoga Sarah (30-min)
9:45 AM	Adv Circuit Steven
10:00 AM	Advanced Boxing Techniques Larry
10:15 AM	Metabolic Effect Steven
10:30 AM	Beginner Boxing Techniques Larry
CHILDCARE HOURS OF OPERATION	
Monday - Friday Morning	9:00AM - 11:00AM
Monday, Wednesday, Friday Lunch	11:30AM - 1:00PM
Monday - Thursday Evening	4:00PM - 8:00PM
Friday Evening (Sign-Up before 2:00pm)	3:00PM - 5:00PM
Saturday, Sunday	7:45AM - 11:30AM

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