

workout club

STRONGER TOGETHER



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6AM CLUB Circuit <i>Colleen</i>		6AM CLUB Tabata <i>Colleen</i>			
		7AM Interval Training <i>Bonnie</i>		7AM CLUB Blast <i>Bonnie</i>		7AM CLUB Muscle <i>Colleen</i>
8AM CLUB Blast <i>Sarah D, Bonnie, or Colleen</i>	8AM Cardio KickBoxing <i>Bonnie</i>		8AM Strength AMRAP <i>Liz</i>	8AM Abs, Glutes, & Boots <i>Bonnie</i>	8AM Circuit Bootcamp <i>Bonnie</i>	8AM CLUB Circuit <i>Bonnie</i>
9AM Zumba <i>Sarah D</i>					8:45AM Active Recovery <i>Nick</i>	9AM Zumba <i>Chrissy</i>
					*Schedule subject to change	
		5:30PM Zumba <i>Chrissy</i>				

- Memberships and class sign-ups can be accessed through the Train4Life portal at <https://train4life.thememberspot.com>
- For app troubleshooting and questions, please contact Train4Life at 781-837-2114 or annmarie.train4life@gmail.com
- Any general questions can be directed to Train4Life contacts listed above or stronger@workoutclubgym.com