



PEABODY

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

Group Exercise Schedule

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM - 6:25AM Tabata Training <i>Tonia Costa</i>		5:30AM - 6:25AM Interval Circuits <i>Tonia Costa</i>	5:30AM - 6:25AM Studio Cycle <i>Katey McMahon</i>		8:30AM - 9:25AM Studio Cycle & Tone <i>Diane Klapman</i>	
8:30AM - 9:25AM Studio Cycle <i>Lyn Clark</i>	8:30AM - 9:25AM Barre <i>Heather Saxe</i>	8:30AM - 9:25AM Studio Cycle <i>Katey McMahon</i>	8:30AM - 9:25AM Combat Conditioning <i>Paula Rayworth</i>	8:30AM - 9:25AM Body Chisel <i>Martina Doucette</i>	9:30AM - 10:25AM Zumba® <i>Shannon Chretien</i>	8:30AM - 9:25AM Kettlebell Body <i>Mike Palmer</i>
9:30AM - 10:25AM Body Chisel <i>Lyn Clark</i>	9:30AM - 10:25AM HIIT <i>Heather Saxe</i>	9:30AM - 10:25AM Tabata Training <i>Katey McMahon</i>			10:30am - 11:25am Vinyasa Yoga <i>Amy Lee</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 Tabata Training <i>Christine Parshey</i>	5:30PM - 6:25PM Studio Cycle <i>Martina Doucette</i>	5:30PM - 6:25PM Step <i>Katey McMahon</i>	5:30pm-6:25PM PiYo <i>Jessica Saporito</i>
6:30PM - 7:25PM Kickbox® Explosion <i>Jen Lombardi</i>	6:30PM - 7:25PM Body Chisel <i>Martina Doucette</i>	6:30PM - 7:25PM Barre <i>Heather Saxe</i>	6:30PM - 7:25PM Kickbox Explosion <i>Jen Lombardi</i>
	7:30PM - 8:25PM Zumba® <i>Shannon Chretien</i>		7:30PM - 8:25PM Zumba® <i>Shannon Chretien</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

Tabata Training with Katey McMahon 9:30am

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

