



Signature Programs

centuryfit.com

(413) 525-8800

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

GROUP EX - ALL CLASSES INCLUDED

Boot Camp Fusion 9:30am	Hard-Core 9:30am	YOGA 9:30am	Muscles 'n Motion 9:30am	Pilates 9:30am	Muscle Mastery 9am	YOGA 9am
Aqua-Robics 10am		Aqua-Robics 10am		Aqua-Robics 10am		ZUMBA® 12pm
ZUMBA® 5:30pm	METCON 5:30pm	ZUMBA® 5:30pm	POWER-KICK 5:30pm	GROUP EXERCISE Invigorate • Variety • Fun • Challenge Excite • Social • SO WORTH it!		

FITNESS CIRCUIT TRAINING - FREE!

Express 30 or HIIT ZONE	Express 30 or HIIT ZONE		Express 30 or HIIT ZONE	Express 30 or HIIT ZONE 9:30am + 10am	Express 30 or HIIT ZONE 12pm + 12:30pm	
6pm + 6:30pm	10:30am 6pm + 6:30pm		6pm + 6:30pm	** Sign-up at Front Desk **		

SMALL GROUP TRAINING

(Small fee applies. Register in advance at Front Desk.)

					TRX FUSION with Linda 8-8:50am	
	TRX EXPRESS with Linda 4:30-5pm				TRX for YOGA with Linda 9-9:40am	
HIIT PLUS with Linda 5-5:45pm	HIIT PLUS with Linda 5:15-6pm	HIIT PLUS with Linda 5:15-6pm	HIIT PLUS with Linda 5-5:45pm	You deserve great RESULTS! Get motivated with a variety of expertly coached classes!		

Note: Best efforts will be made to maintain schedules. However, classes and instructors may change for subbing or other purposes at the discretion of the club.