

GROUP FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		6:30-7:00am YOGA Tara				
8:00-9:00am YO-CHI Sheila	8:00 to 9:00am YOGA Christa	8:00-9:00am YOGA Tara	8:30-9:00am STEP EXPRESS (LOW IMPACT) Angela	8:00-9:00am YOGA Bob	8:00-9:00am WEIGHT LIFT Katy	
9:15-10:15am WEIGHT LIFT Christa	9:15 -10:15am STEP COMBO Angela	9:15 -10:15am ZUM-POP! Sally	9:15-10:15am STRONG Angela	9:15-10:15am NEURO FIT Sheila	9:15-10:15am STEP COMBO Angela	
10:30- 11:30am STRETCHING Bob (03/01/24)					10:30-11:30am ZUMBA Vera	10:30-11:30am ZUMBA Jing
					<p align="center">Westford Regency Health Club Hours of Operation Monday-Thursday 5:00am-9:30pm Friday 5:00am-8:00pm Saturday & Sunday 7:00am-6:00pm</p> <p align="center">Health Club Director: Ray Sheerin rsheerin@westfordregency.com Club Number: 978-850-4931</p>	
5:15 to 6:15pm MUSCLE Andy	5:45-6:30pm Barre Katy	5:15-6:15pm STEP COMBO Angela	5:15 to 6:15pm BOOTCAMP Mary			
6:30-7:30pm SLOW FLOW YOGA Karen L.	6:30-7:30pm HIIT Katy (03/01/24)	6:30-7:30pm Weight Lift Katy (03/01/24)	6:30-7:30pm ZUMBA Coco (03/01/24)			

INDOOR CYCLING							WATER AEROBICS						
MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.	MON.	TUES.	WED.	THURS.	FRI.	SAT.	SUN.
6:00-7:00am Elaine		6:00-6:30am Tara		6:00-7:00am Meg	7:15-8:15am Meg		9:30-10:30am Diane		9:30-10:30am Diane		9:30--10:30am Diane		
9:15-10:15am Sheila		9:15-10:15am Sheila Spin/Strength		9:15-10:15am Sally		8:00-9:00am Mary/Elaine	BOXBORO REGENCY		BOXBORO REGENCY		BOXBORO REGENCY		
	6:00-7:00pm Sally		6:00-7:00pm Emily										

Schedules are subject to change—updated 03/06/24

