



SUMMER 2018 July 5th thru August 17th

THURSDAY July 5th Opening Week 1

9:00 a.m. Strength Training with Bands & Balls -Jan Murray ACE Trainer
5:30 -6:30 p.m. Outdoor Fitness Class - Webb Park-Jan Murray ACE Trainer
7:00- 8:15 p.m. Yin Yoga-Elissa O'Neill RYT

FRIDAY July 6th

8:30 a.m. Community Yoga Class - Lorraine Lee RYT
6:00 p.m. Sunset Walk- Nantasket Beach -Jan Murray
8:00 p.m.-10:00 p.m. Welcome Summer Social - Beach Ave Hull (parking TBA)

SATURDAY July 7th

7:30 a.m. *Stretch Class ~ Jane Bowler-LMT

SUNDAY July 8th

8:30 a.m. Hartha Yoga ~ Joy Kingsbury LMT / OTR

MONDAY July 9th Week 2

7:00 a.m. Gentle Kripalu Yoga -Jan Murray, RYT
9:00 a.m. Outdoor Fitness Class -Webb Park-Jan Murray ACE Trainer
7:00 p.m.- 8:30 p.m. *Adult Ballet Intensive Class 1 (beginner/Intermediate) Chris Marques -Boston Ballet

TUESDAY July 10th

9:00 a.m. Strength Training with Bands & Balls -Jan Murray L.P.T.A. / ACE Trainer
10:00 a.m. Qi Gong -Patty Gage
7:00 p.m.-8:30 p.m. *Adult Ballet Intensive Class 2 (beginner/Intermediate) Chris Marques

WEDNESDAY July 11th

7:00 a.m. Kripalu Yoga ~Jan Murray RYT
900 a.m. Outdoor Fitness Class-Webb Park -Jan Murray ACE Trainer
5:30 p.m. Outdoor Fitness Class Webb Park-Jan Murray
7:00 p.m.- 8:30 p.m. *Adult Ballet Intensive Class 3 (beginner/intermediate) Chris Marques-Boston Ballet

THURSDAY July 12th

9:00 a.m. Strength Training with Bands and Balls - Jan Murray L.P.T.A./ ACE Trainer
5:30 p.m. Outdoor Fitness Class Webb Park-Jan Murray ACE Trainer
7:00- 8:30 p.m. *Adult Ballet Intensive Class 4 ~Christo Marquez, Boston Ballet

FRIDAY July 13th

8:30 a.m. Community Yoga Class - Lorraine Lee RYT

SATURDAY July 14th

7:30 a.m. * Stretch Class ~ Jane Bowler, LMT

SUNDAY July 15th

8:30 a.m. Hartha Yoga ~ Joy Kingsbury

* Class Series Pre-registration may be required / Walk Ins may attend if space is available

Monday July 16th WEEK 3

7:00 a.m. Gentle Kripalu Yoga Jan Murray

9:00 a.m. Outdoor Fitness Class Webb Park -Jan Murray

7:00 p.m. Barre Fusion Fitness- Lisa Kelleher -Master Teacher, Choreographer, Dancer

Tuesday July 17th

9:00 a.m. Strength Training with Bands & Balls Jan Murray LPTA/ACE Trainer

10:00 a.m. Qi Gong -Patty Gage 5:30 p.m.

5:30 p.m. Adult Open Ballet (all ages all levels) Lisa Kelleher, Master Teacher, Choreographer, Dancer

7:00 p.m. Yoga Flow Ellisa O'Neill

Wednesday July 18th

7:00 a.m. Gentle Kripalu Yoga -Jan Murray RYT

9:00 a.m. Outdoor Fitness Class, Webb Park -Jan Murray

5:30 p.m. Outdoor Fitness Class Webb Park-Jan Murray

7:00 p.m. Vinyasa Flow - Michelle Reum RYT

Thursday July 19th

9:00 a.m. Strength Training -Jan Murray LPTA / ACE Trainer

5:30 p.m. Outdoor Fitness Class, Webb Park-Jan Murray

7:00 p.m. Yin Yoga -Elissa O'Neill

Friday July 20th

8:30 a.m. Community Yoga Class-Lorraine Lee RYT

Saturday July 21st

7:30 a.m. *Stretch Class-Jane Bowler LMT

Sunday July 22nd

8:30 a.m. Hartha Yoga-Joy Kingsbury RYT/ OTR

Monday July 23rd

7:00 a.m. Gentle Kripalu Yoga Jan Murray

9:00 a.m. Outdoor Fitness Class Webb Park -Jan Murray

7:00 p.m. Barre Fusion Fitness - Lisa Kelleher, Master Teacher, Choreographer, Dancer

Tuesday July 24th

9:00 a.m. Strength Training with Bands & Balls Jan Murray LPTA/ACE Trainer

10:00 a.m. Qi Gong -Patty Gage

5:30 p.m. Adult Open Ballet (all ages all levels) Lisa Kelleher, Master Teacher, Choreographer, Dancer

7:00 p.m. Yoga Flow Ellisa O'Neill

Wednesday July 25th

7:00 a.m. Gentle Kripalu Yoga -Jan Murray RYT

9:00 a.m. Outdoor Fitness Class,Webb Park -Jan Murray

5:30 p.m. Outdoor Fitness Class Webb Park- Jan Murray ACE Trainer

7:00 p.m. Vinyasa Flow - Michelle Reum RYT

Thursday July 26th

9:00 a.m. Strength Training -Jan Murray LPTA / ACE Trainer

5:30 p.m. Outdoor Fitness Class, Webb Park-Jan Murray

7:00 p.m. Yin Yoga -Elissa O'Neill

Friday July 27th

8:30 a.m. Community Yoga Class-Lorraine Lee RYT

Saturday July 28th

Sunday July 29th

8:30 a.m. Hartha Yoga -Joy Kingsbury RYT/

Monday July 30th Week 5

7:00 a.m. Gentle Kripalu Yoga Jan Murray

9:00 a.m. Outdoor Fitness Class Webb Park -Jan Murray

7:00 p.m. Barre Fusion Fitness - Lisa Kelleher, Master Teacher, Choreographer, Dancer

Tuesday July 31st

9:00 a.m. Strength Training with Bands & Balls Jan Murray LPTA/ACE Trainer

10:00 a.m. Qi Gong -Patty Gage

5:30 p.m. Adult Open Ballet (all ages all levels) Lisa Kelleher, Master Teacher, Choreographer, Dancer

7:00 p.m. Yoga Flow -Elissa O'Neill

Wednesday August 1st

7:00 a.m. Gentle Kripalu Yoga -Jan Murray RYT

9:00 a.m. Outdoor Fitness Class, Webb Park -Jan Murray

5:30 p.m. Outdoor Fitness Class Webb Park- Jan Murray ACE Trainer

7:00 p.m. Vinyasa Flow - Michelle Reum RYT

Thursday August 2nd

9:00 a.m. Strength Training -Jan Murray LPTA / ACE Trainer

5:30 p.m. Outdoor Fitness Class, Webb Park-Jan Murray

7:00 p.m. Yin Yoga -Elissa O'Neill

Friday August 3rd

8:30 a.m. Community Yoga Class-Lorraine Lee RYT

6:30 - 8:30 Musical Theater Fosse Workshop- Lisa Kelleher Master Teacher, Choreographer, Dancer

Saturday August 4th

7:30 a.m. Stretch Class- Jane Bowler LMT

Sunday August 5th

8:30 am Hartha Yoga -Joy Kingsbury RYT/

MONDAY August 6th Week 6

7:00 a.m. Gentle Kripalu Yoga -Jan Murray,RYT

9:00 a.m. Outdoor Fitness Class,Webb Park-Jan Murray ACE Trainer

7:00 p.m.- 8:30 p.m. **Adult Ballet Intensive Class 1 (beginner/Intermediate) Chris Marques -Boston Ballet**

TUESDAY August 7th

9:00 a.m. Strength Training with Bands & Balls -Jan Murray L.P.T.A. / ACE Trainer

10:00 a.m. Qi Gong -Patty Gage

7:00 p.m.-8:30 p.m. **Adult Ballet Intensive Class 2 (beginner/Intermediate) Chris Marques**

WEDNESDAY August 8th

7:00 a.m. Kripalu Yoga ~Jan Murray RYT

9:00 a.m. Outdoor Fitness Class-Webb Park -Jan Murray ACE Trainer

5:30 p.m. Outdoor Fitness Class Webb Park- Jan Murray ACE Trainer

7:00 p.m.- 8:30 p.m. **Adult Ballet Intensive Class 3 (beginner/intermediate) Chris Marques, Boston Ballet**

THURSDAY August 9th

9:00 a.m. Strength Training with Bands and Balls - Jan Murray L.P.T.A./ ACE Trainer

5:30 p.m. Outdoor Fitness Class Webb Park-Jan Murray ACE Trainer

7:00- 8:30 p.m. ***Adult Ballet Intensive Class 4 (beginner/intermediate) Christo Marques, Boston Ballet**

FRIDAY August 10th

8:30 a.m. Community Yoga Class - Lorraine Lee RYT

SUNDAY August 12th

8:30 a.m. Hartha Yoga ~ Joy Kingsbury

Monday August 13th Week 7

7:00 a.m. Gentle Kripalu Yoga Jan Murray

9:00 a.m. Outdoor Fitness Class Webb Park -Jan Murray

7:00 p.m. Barre Fusion Fitness - Lisa Kelleher, Master Teacher, Choreographer, Dancer

Tuesday August 14th

9:00 a.m. Strength Training with Bands & Balls Jan Murray LPTA/ACE Trainer

10:00 a.m. Qi Gong -Patty Gage

5:30 p.m. Adult Open Ballet (all ages all levels) Lisa Kelleher, Master Teacher, Choreographer, Dancer

7:00 p.m. Yoga Flow -Elissa O'Neill

Wednesday August 15th

7:00 a.m. Gentle Kripalu Yoga -Jan Murray RYT

9:00 a.m. Outdoor Fitness Class, Webb Park -Jan Murray

5:30 p.m. Outdoor Fitness Class Webb Park- Jan Murray ACE Trainer

7:00 p.m. Vinyasa Flow - Michelle Reum RYT

Thursday August 16th

9:00 a.m. Strength Training -Jan Murray LPTA / ACE Trainer

5:30 p.m. Outdoor Fitness Class, Webb Park-Jan Murray

7:00 p.m. Yin Yoga -Elissa O'Neill

Friday August 17th

8:30 a.m. Community Yoga Class-Lorraine Lee RYT

Saturday August 18th

7:30 a.m. Stretch Class- Jane Bowler LMT