



OSTERVILLE FITNESS & WELLNESS CENTER

1336 Main Street, Osterville, MA 02655 (508) 428-3775



Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		7:45 am DancEnergy Beginner Sarah Swain				7:30 am ☛ Strong Body, Abs & Back John Rosario
	8:15 am ☛ Low impact Variety Cardio, Strength & Stretch Marcia Berry	8:15 am ☛ Cardio/Belt Plus Abs Marcia Berry	8:15 am Kettle Bell Fitness Class with Mary Keefe (\$5 / class)	8:15 am ☛ Cardio/Belt Plus Abs Marcia Berry	8:15 am Pilates Fusion Lori Martin (\$5 member \$10 non-member)	
		9:00 – 10:30 am Hatha Yoga Paul Howard \$10 / class		9:00 – 10:30 am Hatha Yoga Paul Howard \$10 / class	9:15 am DancEnergy Sarah Swain	9:00 – 10:30 am Hatha Yoga Paul Howard \$10 / class
	10:00 am ☛ Strength Training with Bands Len Correia					10:45 am-12:45 Alt. Saturdays Power Yoga Glenn Cunningham
	4:00 pm ☛ Low Impact Aerobic Exercise Class Dianne Francis			4:00 pm ☛ Low Impact Aerobic Exercise Class Dianne Francis		
	5:30 pm DancEnergy Breakdown Combo Sarah Swain	5:00 pm Conditioning Yoga Lori Martin (\$10 member \$15 non-member)	5:00 pm ☛ Strong Body Abs and Back John Rosario	5:30 pm ☛ Strength Training with Bands Len Correia		
		7:00 – 8:30 pm Hatha Yoga Paul Howard \$10 / class				

☛ Denotes classes included with OFC membership

Membership not required to attend classes. All classes last one hour unless otherwise specified.

All classes subject to change without notice. Class descriptions and teacher contact information are on page 2.



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Class Descriptions and Teacher Contact Info



CLASS DESCRIPTIONS

- **Cardio Strength:** Get your heart pumping with this high energy, low impact workout.
- **Conditioning Yoga:** Designed for beginners, those with limitations as well as those who want to deepen their practice. We will work with props, chairs, and rings. Concentration will be on alignment, breath, and core strength.
- **DanceEnergy:** A dance-fitness class that consists of choreographed routines set to great music. Build long lean muscles, improve posture and get a great aerobic workout. This class is for all levels.
- **Hatha Yoga:** Offers relaxation and flexibility through Yoga postures and breathing techniques.
- **Pilates Fusion:** Group workout where body is sculpted with traditional weight training in combination with classical Pilates mat workout.
- **Strong Body Abs & Back with the MECA Back Wedge:** A class for all those who wish to create greater strength and control of their abs and back further creating full body balance and control. Class is free to OFC members. MECA back wedge rental free for first class, \$5.00 thereafter. Non-members: \$10 for class. Rental fee for wedge: free for first class, \$5.00 thereafter. Purchase of MECA wedge is highly recommended as it should be used regularly.
- **Vinyassa Flow:** Designed for intermediate to advanced students who are comfortable with balancing Asana's as well as backbends, twists, and Pranayama.

TEACHER CONTACT INFO

Marcia Berry: (Osterville Fitness Center) 508-428-3775

Len Correia: (Osterville Fitness Center) 508-428-3775

Glen Cunningham: 617-536-YOGA

Dianne Francis: 508-801-3696

Paul Howard: 508-420-6225

Mary Keefe: 508-274-5620

Lori Martin: 508-737-7522

Anne Pedicini: 508-420-0801 Cell: 508-274-9394

John Rosario: 508-428-8522 Cell: 508-737-9235

Sarah Swain: 508-771-0491 Cell: 978-853-5553