



OSTERVILLE FITNESS & WELLNESS CENTER

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



Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 fee)	
9:30 am DancEnergy Sarah Swain	9:30 am DancEnergy Choreography Breakdown Sarah Swain	9:00 – 10:30 am Hatha Yoga Paul Howard	9:30 am DancEnergy Sarah Swain	9:00 – 10:30 am Hatha Yoga Paul Howard	9:30 am DancEnergy Sarah Swain	9:00 – 10:30 am Hatha Yoga Paul Howard
	10:40 am ⊕ Low Impact Aerobic Exercise Class Dianne Francis			10:40 am ⊕ Low Impact Aerobic Exercise Class Dianne Francis		10:30 am Alt. Saturdays ⊕ Strong Body, Abs and Back John Rosario
	4:00 pm ⊕ Low Impact Aerobic Exercise Class Dianne Francis			4:00 pm ⊕ Low Impact Aerobic Exercise Class Dianne Francis		10:45 am-12:45 Alt. Saturdays Power Yoga Glenn Cunningham
	5:30 pm DancEnergy Breakdown Combo Sarah Swain	5:00 pm Conditioning Yoga Lori Martin	5:00 pm ⊕ Strong Body Abs and Back John Rosario	5:30 pm DancEnergy Sarah Swain	5:30 pm ⊕ Low impact Variety Cardio, Strength & Stretch Marcia Berry	
		7:00 – 8:30 pm Hatha Yoga Paul Howard				

⊕ 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.