



Be Well Hours of Operation

Mon-Thurs:
5:30 am – 8:00 pm
Friday:
5:30 am – 7:00 pm
Saturday:
8:00 am – 2:00 pm

For further information, call
617-667-4695







Tanger Be Well Group Exercise

FALL SCHEDULE



Effective 9/28/2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30-7:15 Lo 2 Go <i>Kim</i>	 12:10 – 12:40 Cardio Express <i>Sally</i>	6:30 – 7:15 Muscle Conditioning <i>Kim</i>		6:30 – 7:30 Cardio Kickboxing <i>Kim</i>
12:10 – 12:50 Zumba <i>Kelly</i>	12:10 – 12:40 Cardio Express <i>Sally</i>	12:10 – 12:50 Total-Body Workout <i>Rick</i>	12:10 – 12:40 Cardio Fusion <i>Jennifer</i> New	12:05 – 12:55 Yoga <i>Linda/Jane</i>
	12:40 – 12:55 Awesome Abs <i>Sally</i> New		12:40-12:55 Core Fusion <i>Jennifer</i> New	
1:05 – 2:00 Vinyasa Yoga <i>Anna</i>	1:05 – 1:50 Boot Camp <i>Carine</i> New	1:05 – 1:50 Viniyoga <i>Carlotta</i>		1:05 – 1:50 Body Blast <i>Jennifer/Rick</i> New
5:30 – 6:15 Bosu Blast <i>Jennifer</i> New	5:30 – 6:15 Kickboxing <i>Marlene</i>	5:30 – 6:15 Muscle Conditioning <i>Deb</i>	5:30 – 6:15 Zumba <i>Nathali</i> New	
	6:15 – 6:30 Core Fusion <i>Marlene</i> New		6:15 – 6:30 Awesome Abs <i>Nathali</i> New	