



Tanger Be Well Group Exercise

Spring SCHEDULE

Effective 4/2/2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:30 – 7:15 Cardio Blast Kim	6:30 – 7:15 Vinyasa Yoga <i>NEW!</i> Arielle	6:30 – 7:15 Muscle Conditioning Kim		
12:10 – 12:50 Funky Jam Kelly	12:10 – 12:40 Cardio Express Sally	12:10 – 12:55 Muscle Conditioning Deb	12:10 – 12:50 Zumba Sandra	12:10 – 12:55 Muscle Conditioning Deb
	12:40 – 12:55 Awesome Abs Sally			
1:05 – 2:00 Vinyasa Yoga Anna		1:05 – 1:50 Viniyoga Carlotta	1:15 – 2:00 Pilates Anna	
5:30 – 6:15 Bosu Blast Jennifer	5:30 – 6:15 Kickboxing Marlene	5:30 – 6:15 Zumba Toning Sandra	5:30 – 6:15 Total-Body Blast Rick	
	6:30 – 7:25 Vinyasa Yoga Stacy			

Hours of Operation: Mon-Thurs: 5:30 am - 8:00 pm, Friday: 5:30 am - 7:00 pm, Sat: 8:00 am - 2:00 pm

For further information call 617.667.4695 or visit www.bidmc.org/bewell