

THE NANTUCKET CLUB

Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:15 am Barre Wendy			
8:30 am Gentle Yoga Patricia	8:00 am Pure Strength Jasmine	8:00 am Body & Core Johnathan	8:00 am Cardio Burn Jasmine	8:00 am Body & Core Johnathan	8:00 am Power Sculpting Jasmine	8:00 am Barre Express Wendy
10:00 am Vinyasa Yoga Patricia	9:15 am Yoga Patricia	9:15 am Gentle Yoga Patricia	9:15 am Vinyasa Yoga Patricia	9:15 am Gentle Yoga Patricia	9:15 am Vinyasa Yoga Patricia	9:00 am Vinyasa Yoga Patricia
						10:15 am Fit Fusion Jasmine
		4:30 pm Pure Abs Wendy	4:00 pm Gentle Yoga Patricia			11:15 am Zumba Tone Barbara
	5:00 pm Zumba Monique	5:00 pm Power Flow Patricia	5:00 pm Barre Fit Hristina	5:00 pm Power Flow Patricia	5:00 pm Zumba Barbara	
		6:00 pm HIIT Cardio Monique	6:00 pm Body Shred Jasmine	6:00 pm Body Sculpting Monique		



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Winter Membership



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Monday - Friday 7:00 am - 8:00 pm
Weekends + Holidays 8:00 am - 6:00 pm • 508-825-2582
thenantuckethotel.com • clubmanager@thenantuckethotel.com

Dial ext. 6787 for information.