

# THE NANTUCKET CLUB

## Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			7:15 am Barre Fit Wendy			
8:30 am Gentle Yoga Patricia	8:00 am Pure Strength Jasmine	8:30 am Body & Core Benji	8:00 am Cardio Burn Jasmine	8:30 am Ball Fit Benji	8:00 am Power Sculpting Jasmine	
10:00 am Vinyasa Yoga Patricia		9:30 am Gentle Yoga Patricia	9:15 am Vinyasa Yoga Patricia	9:30 am Gentle Yoga Patricia	9:15 am Vinyasa Yoga Patricia	9:00 am Vinyasa Yoga Patricia
						10:15 am Pilates Mat Sarah
		4:30 pm Pure Abs Wendy	4:00 pm Gentle Yoga Robin	4:30 pm Glutes Wendy		
	5:00 pm Zumba Monique	5:00 pm Total Body Burn Jasmine		5:00 pm Fit Fusion Jasmine		
	6:00 pm Restorative Candlelight Yoga Robin			6:00 pm HIIT Monique		

begins  
1/5/2020



Like us on facebook:  
The Nantucket Hotel  
The Nantucket Club  
Winter Membership



and Instagram:  
@thenantucket

Monday - Friday 7:00 am - 8:00 pm  
Weekends + Holidays 8:00 am - 6:00 pm • 508-825-2582  
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Dial ext. 6787 for information.