

# 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	8:00 am Gentle Yoga Patricia
10:00 am Vinyasa Yoga Patricia	9:15 am Vinyasa Core Flow/ Carrie	9:45 am Gentle Yoga Robin	9:15 am Vinyasa Yoga Carrie	9:45 am Gentle Yoga Robin	9:15 am Vinyasa Yoga Carrie	9:00 am Vinyasa Yoga Patricia
			10:15 am Strength & Con. Johnathan		10:15 am Strength & Con. Johnathan	10:15 am Pilates Mat Sarah
		4:30 pm Pure Abs Wendy	4:00 pm Gentle Yoga	4:30 pm Glutes Wendy		11:15 am Tabata Johnathan
	5:00 pm Zumba Monique	5:00 pm Total Body Burn Jasmine	5:15 pm Power & Balance / Jrod	5:00 pm Fit Fusion Jasmine		



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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

thenantuckethotel.com • clubmanager@thenantuckethotel.com

Dial ext. 6787 for information.