

THE NANTUCKET CLUB

Weekly Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8:00 am Outdoor Strength Jasmine		8:00 am Burn Out!! Jasmine		8:00 am Body Sculpting Jasmine	
8:30 am Vinyasa Yoga Patricia		9:00 am Gentle Yoga Patricia		9:00 am Gentle Yoga Patricia		8:30 am Vinyasa Yoga Patricia
		4:30 pm Beach Abs Wendy	4:00 pm Gentle Yoga Patricia	4:30 pm Legs & Butt Wendy		



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The Nantucket Hotel
The Nantucket Club
Winter Membership



and Instagram:
@thenantucket

All classes are held outdoors. Fitness classes on back deck, Yoga classes poolside.

All classes will be cancelled on rain days.

Contact us at 508-825-2582. Dial 6787 Or clubmanager@thenantuckethotel.com