

Body Of Work Weekly Classes

161 Ocean Street

South Portland, Maine 04106

207-741-5280

Info@BodyofWorkME.com

Subject to change

Sign up for the class that best suits you!

Monday

Circuit Training with Cindy

5:30 p.m.-6:30 p.m.

Boot Camp with Cindy

Monday and Wednesday mornings

6:00 a.m. -7:00 a.m.

Call today to join

Circuit Training with Cindy

5:30 p.m. – 6:30 p.m.

Boot Camp with Cindy and Dan

Evening at 6:30 p.m. -7:30 p.m.

With Dan & Cindy

Call today to join

Tuesday

Spin class with Pam

9:45 a.m. – 10:45 a.m.

Spin and Core with Cindy

6:15 p.m. – 7:15 p.m.

Wednesday

Circuit Training with Cindy

5:30 p.m. -6:30 p.m.

Boot Camp with Cindy

Monday and Wednesday mornings

6:00 a.m. -7:00 a.m.

With Cindy

Call today to join

Boot Camp with Cindy and Dan

6:30 p.m. -7:30 p.m.

With Dan & Cindy

Call today to join

Thursday

Spin Class with Pam

5:45 a.m. – 6:30 a.m.

Women & Weights with Pam

9:45 a.m. – 9:45 a.m.

Friday

GYROKENISIS with Randy

7:30 a.m. – 8:45 a.m.

Saturday

Boot Camp with Cindy

9:15 a.m. -10:15 a.m.

Stretch and Core with Cindy

10:20 a.m. -11:20 a.m.

Classes are designed for all fitness levels.