

GROUP EXERCISE CLASS SCHEDULE

4th of July Week: 06/30/25 - 07/06/25 (MODIFIED SCHEDULE)

MONDAY-6/30	TUESDAY-7/1	WEDNESDAY-7/2	THURSDAY-7/3	FRIDAY-7/4	SATURDAY-7/5	SUNDAY-7/6
8:00-8:45 AM (2) TOTAL BODY *Paige-Sub	8:00-8:45 AM (2) BARRE FUSION (Paige)	8:00-8:45 AM (2) INSTRUCTOR'S CHOICE (Koni)		4 th of July - HOLIDAY NO CLASSES	8:00-8:45 AM (2) CARDIO & STRENGTH (Koni)	
9:00-9:45 AM (2) CIRCUIT/INTERVAL *Paige-Sub	9:00-9:45 AM (2) CORE STRONG (Paige)	9:00-9:45 AM (2) TOTAL BODY (Paige)	9:00-9:45 AM (2) BARRE FUSION (Wendy)			
9:00-10:00 AM HYDROPOWER (Sally)	9:00-10:00 AM AQUA INTERVAL (Jane)	9:00-10:00 AM HYDROPOWER (Jane)	9:00-10:00 AM HYDROPOWER (Jane)		9:00-10:00 AM AQUA INTERVAL *NO CLASS	
10:00-11:00 AM (2) GENTLE YOGA *Kim-Sub	10:00-10:45 AM (2) JUST DANCE (Kelly B)	10:00-11:00 AM (2) GENTLE YOGA (Aimee)	10:00-10:45 AM (2) CARDIO SCULPT (Wendy)			
11:00-11:45 AM (1) BARRE FUSION *Paige-SUB	11:00-11:45 AM (1) TONING *Paige-Sub	11:00-11:45 AM (1) STRENGTH & MOBILITY (Paige)	11:00-11:45 AM (1) PILATES FUSION *Wendy-Sub		11:00 -12:00 PM (2) VINYASA YOGA (Nissa)	
				CLASS UPDATES: - Monday 10AM Gentle Yoga (July & Aug Only) - Tuesday 9AM Core Strong (New Class) - Wednesday 8AM Instructor's Choice (Pilates, Strength, HIT & More) - Wednesday 10AM Gentle Yoga (July & Aug Only) - Saturday 8AM Cardio & Strength (New Start Time) SUMMER POP UP CLASSES: See flyer for details - Youth Fitness: Dance, Pilates and Fun Fitness - Pilates for Tennis, Golf and Pickleball - Intro to Dance and Fitness		
5:30-6:30 PM (2) JUST DANCE (Kelly B)	5:00-6:00 PM (1) STRETCH & FLOW *NO CLASS	5:30-6:30 PM (2) FUNKY GROOVE (Kelly B)				
6:30-7:30 PM (1) STRETCH & FLOW (Kim)	6:30-7:30 PM (1) GENTLE YOGA *NO CLASS					
	7:00-8:00 PM HYDROPOWER (Sally)					

Wayland Zoom Live Classes:

Tue 8:30 AM Pilates | Wed 9:30 AM Zumba | Fri 8:30 AM Barre Sculpt
Please email LongfellowWellesley.GEX@gmail.com for online access.

POOL
1st Level

STUDIO 1
1st Level

STUDIO 2
2nd Level



Longfellow Wellesley
Tennis & Health Club

GROUP EXERCISE CLASS SCHEDULE

EFFECTIVE DATE: JULY 7 - AUGUST 31, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:00-8:45 AM (2) TOTAL BODY (Paige)	8:00-8:45 AM (2) BARRE FUSION (Paige)	8:00-8:45 AM (2) INSTRUCTOR'S CHOICE (Koni)			8:00-8:45 AM (2) CARDIO & STRENGTH (Koni)	
9:00-9:45 AM (2) CIRCUIT/INTERVAL (Paige)	9:00-9:45 AM (2) CORE STRONG (Paige)	9:00-9:45 AM (2) TOTAL BODY (Paige)	9:00-9:45 AM (2) BARRE FUSION (Wendy)	9:00-10:00 AM (2) VINYASA YOGA (Aimee)		
9:00-10:00 AM HYDROPOWER (Sally)	9:00-10:00 AM AQUA INTERVAL (Jane)	9:00-10:00 AM HYDROPOWER (Jane)	9:00-10:00 AM HYDROPOWER (Jane)	9:00-10:00 AM HYDROPOWER (Sally)	9:00-10:00 AM AQUA INTERVAL (Monica Jane)	
10:00-11:00 AM (2) GENTLE YOGA - 7/14 Start (Kim)	10:00-10:45 AM (2) JUST DANCE (Kelly)	10:00-11:00 AM (2) GENTLE YOGA (Aimee)	10:00-10:45 AM (2) CARDIO SCULPT (Wendy)	10:00-10:45 AM (1) BARRE FUSION (Wendy)		
11:00-11:45 AM (1) BARRE FUSION (Paige)	11:00-11:45 AM (1) PILATES FUSION (Rachel)	11:00-11:45 AM (1) STRENGTH & MOBILITY (Paige)	11:00-11:45 AM (1) PILATES FUSION (Rachel)		11:00 -12:00 PM (2) VINYASA YOGA (Nissa)	
				CLASS UPDATES: - Monday 10AM Gentle Yoga (July & Aug Only) - Tuesday 9AM Core Strong (New Class) - Wednesday 8AM Instructor's Choice (Pilates, Strength, HIT & More) - Wednesday 10AM Gentle Yoga (July & Aug Only) - Saturday 8AM Cardio & Strength (New Start Time) SUMMER POP UP CLASSES: See flyer for details - Youth Fitness: Dance, Pilates and Fun Fitness - Pilates for Tennis, Golf and Pickleball - Intro to Dance and Fitness		
5:30-6:30 PM (2) JUST DANCE (Kelly)	5:00-6:00 PM (1) STRETCH & FLOW (Kim)	5:30-6:30 PM (2) FUNKY GROOVE (Kelly)				
6:30-7:30 PM (1) STRETCH & FLOW (Kim)	6:30-7:30 PM (1) GENTLE YOGA (Kim)					
	7:00-8:00 PM HYDROPOWER (Sally)					

Wayland Zoom Live Classes:

Tue 8:30 AM Pilates | Wed 9:30 AM Zumba | Fri 8:30 AM Barre Sculpt
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POOL
1st Level

STUDIO 1
1st Level

STUDIO 2
2nd Level



longfellowhealthclubs.com/wellesley



781-705-2300



Group Exercise: LongfellowWellesley.GEX@gmail.com

Updated as of 06/23/25