



1 Eliot St. Milton, MA 02186 www.MiltonHillSport.com Hours Mon-Fri 5:00 AM to 10:00 PM Sat & Sun 7:00 AM to 6:00 PM
Tel. 617-698-0063

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM	SPINNING W/Emily	YOGALATES W/Chris	SPINNING W/Emily	BOOT CAMP W/Nicole	SPINNING W/Emily		
7:00 AM						SPINNING W/Chris	
8:00 AM							YOGA W/Fran
8:30 AM						PILATES W/Chris	
9:30 AM	STEP- SCULPT W/Chris	SPINNING W/Aaron	YOGALATES W/Chris	SPINNING W/Aaron	TOTAL BODY WORKOUT W/Kristen	SPINNING W/Ann	BOOTCAMP W/Aaron
10:30 AM							
6:00 PM	STEP AEROBICS W/Chris	PILATES W/Chris	TOTAL BODY WORKOUT W/Kristen	BOOT CAMP W/Chris	YOGA W/Paula		
7:00 PM	BOOTCAMP W/Nicole	CYCLING W/Aaron	ZUMBA W/Bethany	IRON- PILATES W/Chris			
8:00 PM	YOGA W/Kaileen		YOGA W/Paula	ZUMBA W/Michelle			

FACIALS – CHEMICAL PEELS – WAXING – SPRAY TANNING – CANDLES – YONKA PARIS SKIN CARE
GIFT CERTIFICATES AVAILABLE!