

# group exercise calendar

## GROUP EXERCISE CLASSES

FREE WITH BASIC MEMBERSHIP AND ALL ACCESS PASSPORT MEMBERSHIP

NON MEMBERS CAN DROP INTO ANY CLASS WITH DAILY DROP-IN RATE

CLASSES	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Sculpting	Aerobics Studio			6:00pm-6:50pm				
Boot Camp	Aerobics Studio						8:30am-9:20am	
Kickboxing	Aerobics Studio		7:30pm-8:20pm					
Senior Strength and Stretch	Aerobics Studio			10:15am-11:00am				
SIT Fit	Aerobics Studio					9:00am-9:50am		
Zumba	Aerobics Studio	6:30pm-7:20pm 7:30pm-8:20pm	6:30pm-7:20pm	7:00pm-7:50pm	7:30pm-8:20pm		9:30am-10:20am	
Beginner Yoga	Aerobics Studio				9:00am-10:00am 6:30pm-7:20pm			
Senior Yoga	Aerobics Studio	10:15am-11:00am						
Buddy Yoga	Aerobics Studio	11:15am-11:45am						
Aquasize	Pool	9:00am-9:50am		9:00am-9:50am				
Aqua Zumba	Pool		7:30pm-8:20pm		9:30am-10:20am		10:30am-11:20am	
Functional Fitness Flow	Pool		10:00am-10:50am					
Restorative Aquafit	Pool		9:00am-9:50am		10:30am-11:20am			

Classes are subject to change. Notification will be made in the event that a class is cancelled. Sign up for text alerts: Text @MPGroupx to 81010. Check the group exercise calendar on our website for more information.

Updated 4.26.2019