

SPORTS CLUB HOURS









Mon-Thurs: 4:45am - 10:00pm
 Friday: 4:45am - 9:00pm
 Saturday: 7:45am - 7:00pm
 Sunday: 7:45am - 6:00pm

November

GROUP FITNESS

CHILD CARE HOURS

Mon-Thurs: 8:00am-12:30pm
 4:30pm-7:30pm
 Friday: 8:00am-12:00pm
 Saturday: 8:00am-12:00pm
 Sunday: CLOSED

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am							
6:00am		Yoga (MARGIE) 		Yoga (MARGIE) 			
8:30am	Gerofit (VA) BARRE (STARR) 8:15am	Stretch & Flow (AMY)	Gerofit (VA) BARRE (STARR) 8:15am	Stretch & Flow (AMY)	Gerofit (VA)		
9:00am	Senior Yoga (Starr)					Zumba (MARIA)	
9:30am	Hi/Lo Cardio & Abs (CG)		Muscle Pump (CG)			Yoga 10:00am 	YOGA 10:00am 
10:30am	Silver Sneakers (GERALD)	FIRM & TONE (CG)	Silver Sneakers (CG) 		Silver Sneaker (CG) 		
11:00am							
12:00pm	Nia Dance (HOLLY)			NIA Dance (HOLLY)			
3:00pm							
4:15pm							
5:30pm		Zumba (MARIA) 	Circuit Express (JESICA)	Zumba (MARIA) 			
6:00pm							
6:30pm							

FREE TO MEMBERS
NON-MEMBERS: \$5 PER CLASS



www.msportsclub.com
 (919) 384-1992