MASON COMMUNITY CENTER

DROP-IN HOLIDAY GROUP EXERCISE: NOV. 21 - JAN. 1

6050 MASON-MONTGOMERY ROAD • MASON, OHIO 45040 • 513.229.8555 • WWW.IMAGINEMASON.ORG

CITY OF MASON OHIO — more than you imagine.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
EARLY A.M.	5:30-6:30a *Heather* **The Ride (C)**	5:45-6:45a *Viola* **BODYPUMP™ (A)**	5:30-6:15a *Viola* **Xtreme TRX® (FC)**	5:45-6:45a *Viola* **BODYPUMP™ (A)**			
			5:45-6:45a *Kathy* **The Ride (C)**				
MORNING	8:45-9:30a *Amy* **Tabata** (A)	8:15-9:00a *Kathy* **Triple Challenge**	8:15-9:15a *Lori* **Hatha Yoga** (B)	8:15-9:00a *Karoll* **The Ride** (C)	8:15-9:15a *Courtney* **Vinyasa Yoga** (B)	8:00-9:00a *Cindy* **BODYPUMP™** (A)	9:00-10:00a *Cindy* **The Ride** (C)
	8:45-9:45a *Sarah* **Bring It!** (Gym B)	8:00-9:00a *Sarah* **TRX® Bootcamp** (FC)	8:15-9:00a *Jim* **Xtreme TRX®** (FC)	8:45-9:30a *Amy* **Barre** (A)	8:30-9:15a *Amanda* **The Ride** (C)	8:00-9:00a *Kathy* **The Ride** (C)	
	9:00-9:45a *Deb* **Forever Fit/Pilates** (Rm A)	8:30-9:30a *Tanuja* **Hatha Yoga** (B)	8:45-9:15a *Deb* **Core Worx** (A)	9:15-10:30a *Heather* **Cycling Intervals** (C)	8:45-9:45a *Kathy* **Bring it! / Advanced** (Gym)	8:00-9:00a *Lainie* **Hatha Yoga** (B)	
	9:00-10:00a *Kimberly* **Deep Water Workout & Fins** (CP)	8:45-9:30a *Heather* **The Ride** (C)	9:15-10:15a *Kathy* **TRX® Boot Camp** (FC)	9:30-10:30a *Michelle O.* **Power TRX®** (FC)	8:45-9:15a *Michelle O.* **Core Worx** (A)	8:30-9:15a *TRX Team* **Starter TRX*** (FC)	
	9:30-10:15a *Christine* **Pilates** (B)	8:45-9:30a *Amy* **Cardio Kick & Core** (A)	9:30-10:30a *Heather* **BODYPUMP™** (A)	9:30-10:30a *Amanda* **VinyasaYoga** (B)	9:00-10:00a *Karoll* **Deep Water Workout** (CP)	9:15-10:15a *BP Team* **BODYPUMP™** (A)	
	9:30-10:15a *Lori* **The Ride** (C)	9:15-10:15a *Amanda* **Power TRX®** (FC)	9:30-10:30a *Beth* **Vinyasa Yoga** (B)	9:45-10:30a *Sarah* **SH'BAM®** (A)	9:30-10:30a *Michelle O.* **BODYPUMP™** (A)	9:30-10:00a *GRIT Team* **GRIT Cardio™** (Gym)	
	9:45-10:45a *Michelle O.* **BODYPUMP™** (A)	9:30-10:15a *Michelle O.* **Tabata Training** (Gym)	9:30-10:30a *Karoll* **The Ride** (C)	10:15-11:00a *Kimberly* **Forever Fit/Water** (LP)	9:30-10:30a *Beth* **YinYoga** (B)	9:30-10:15a *Cycle Team* **Starter Cycle*** (C)	
	10:00-11:00a *Deb* **Forever Fit Intervals** (Gym)	9:45-10:45a *Jackie* **Zumba®** (A)	10:00-11:00a *Deb* **Forever Fit Intervals/Mat** (Gym)	10:45-11:45a *Jackie* **Forever Fit/Zumba Gold®** (A)	9:30-10:30a *Pooja* **Forever Fit/Yoga** (SC)	9:30 -10:15a *Christine* **Xtreme TRX®** (FC)	
	10:00-11:00a *Karoll* **Cardio Water Fit** (LP)	9:45-10:45a *Lori* **Vinyasa Yoga** (B)	10:00-11:00a *Kimberly* **Cardio Water Fit** (LP)	11:00a-12:00p *Tanuja* **Hatha Yoga** (B)	9:45-10:30a *Sarah* **Xtreme TRX®** (FC)	9:30-10:30a *Courtney* **Power Yoga** (B)	
	10:30-11:00a *Lori* **Yoga 30** (B)	10:15-11:00a *Karoll* **Forever Fit/Water** (LP)	10:45-11:15a *Beth* **Yoga 30** (B)		10:00-11:00a *Michele S.* **Cardio Water Fit** (LP)	10:30-11:15a *Jackie* **SH'BAM®** (A)	
		10:30-11:30a *Viola* **TRX® & Pilates** (FC)	11:00a-12:00p *Jackie* **SilverSneakers® Circuit** (A)		10:45-11:45a *Pooja* **Hatha Yoga** (B)		
		11:00a-12:00p *Jackie* **SilverSneakers® Classic** (A)			11:15a-12:15p *Jackie* **Forever Fit/Move it!** (A)		
		11:00a-12:00p *Beth* **Hatha/Yin Yoga** (B)					
AFTERNOON	12:15-1:00p *Viola* **Xtreme TRX®** (FC)	12:15-12:45p *Michelle O.* **Core Worx** (B)	12:15-12:45p *Amy* **Tabata Xpress** (A)	12:15-12:45p *Kimberly* **TRX® Xpress** (FC)	1:00-3:00p **Sword Tai Chi** (B)		12:30-1:30p *Lainie* **Vinyasa Yoga** (B)
	1:00-2:00p *Karoll* **SilverSneakers® Classic** (A)		1:00-2:00p *Sarah* **SilverSneakers® Classic** (A)	12:00-3:00p **Tai Chi** (A)	1:00-2:00p *Michele S.* **SilverSneakers® Classic** (A)		4:00-5:00p *Chrissy* **BODYPUMP™** (A)
				1:00-3:00p **Tai Chi** (B)	12:00-12:30p *Pooja* **Relaxation Yoga** (B)		
EVENING	5:30-6:00p *Christine* **Yoga Kids (B)**	6:15-7:00p *Julie* **Tabata Training** (B)	6:15-7:00p *Cindy* **The Ride (C)**	5:15-6:15p *Courtney* **Power Yoga** (B)	5:30-6:15p *Chrissy* **BODYPUMP™ Xpress** (A)		
	6:15-7:00p *Lindsey* **SH'BAM®** (A)	6:15-7:15p *Chrissy/ŠźbÿŽ* **BODYPUMP™** (A)	6:30-7:30p *Christine* **Vinyasa/Rocket Yoga** (B)	6:00-6:45p *Cindy* **The Ride** (C)			
	6:15-7:00p *Sarah* **Xtreme TRX®** (FC)	7:15-8:15p *Lainie* **Vinyasa Yoga** (B)	6:15-7:00p *Michele S.* **SH'BAM®** (A)	6:15-7:15p *Amanda* **BODYPUMP™** (A)			
	6:15-7:15p *Christine* **Hatha/Yin Yoga** (B)		7:15-8:00p *Michele S.* **Barre** (A)	6:30-7:30p *Tanuja* **Hatha Yoga** (B)			
	6:30-7:30p *Cindy* **The Ride** (C)		7:45-8:15p *Christine* **Relaxation Yoga** (B)				
	7:15-8:00p *Sarah* **Cardio Kick & Core** (A)						

COMMUNITY CENTER HOLIDAY HOURS

Thursday, Nov. 24
6 a.m. - Noon
Limited Facilities

Saturday, Dec. 24
7 a.m. - 4 p.m.

Sunday, Dec. 25
Noon - 4 p.m.
Limited Facilities

Saturday, Dec. 31
7 a.m. - 1 p.m.

Sunday, Jan. 1
8 a.m. - 6 p.m.

Descriptions of classes are available online by scanning this code with your smart phone. Or click the group exercise schedule link on the bottom of any page at www.imaginemason.org.

$ BY-THE-SESSION / PAID PROGRAM | SILVER SNEAKERS | OLDER ADULT | CARDIO | STRENGTH/TONING | MIND/BODY | DANCE | WATER

LOCATIONS

(A) - Studio A
(B) - Studio B
(C) - Studio C
(D) - Outdoor Fitness Studio
(Rm A) - Activity Room A
(FC) - Fitness Center
(SC) - Senior Center
(ML) - Member Lounge
(Gym) - Gymnasium
(LP) - Leisure Pool
(CP) - Competition Pool

FEES

(based on membership type)
Premier - Free
Basic/Silver Sneaker* - $2
Healthy Living - $4 Social - $6
Non-member - $20
(adult day pass)

*Older Adult Formats - $1

LES MILLS LAUNCHES

SAT, JANUARY 14
GRIT POWER HOUR
9:30 a.m.

SAT, JANUARY 21
BODYPUMP™ 100 Launch
8 a.m.

SAT, JANUARY 28
SH'BAM 26 Launch
10:30 a.m.

PREMIER PERK

All Sunday classes before noon are for Premier members only.

†Zumba Gold®

All Forever Fit/Zumba Gold® classes are Silver&Fit Endorsed.

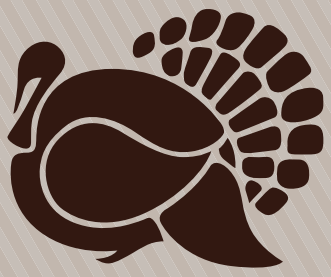
UPCOMING STARTER CLASSES

January 14
Starter TRX®: 721301
Starter Cycle: 721300
Beginner classes to learn proper form and class structure.

Please note that Tai Chi classes are run on a volunteer basis and may be cancelled at any time.

Holiday Classes

at **Mason Community Center**

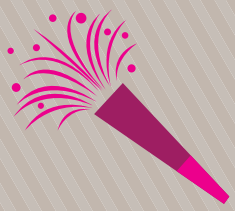


FRIDAY, NOVEMBER 25

FORMAT (LOCATION)	TIME	INSTRUCTOR
GRIT (A)	8-8:30 a.m.	*Kathy*
The Ride (C)	9-10 a.m.	*Cindy*
BODYPUMP (A)	9:30-10:30 a.m.	*Heather*
Vinyasa Yoga (B)	9:30-10:30 a.m.	*Christine*
Forever Fit Yoga (SC)	10-11 a.m.	*Tanuja*
SH'BAM (A)	10:45-11:30 a.m.	*Jackie*

MONDAY, DECEMBER 26

FORMAT (LOCATION)	TIME	INSTRUCTOR
The Ride (C)	9-10 a.m.	*Heather*
BODYPUMP (A)	9:30-10:30 a.m.	*Cindy*
SH'BAM (A)	6:15-7 p.m.	*Sarah*
Vinyasa Yoga (B)	6:15-7:15 p.m.	*Christine*



SUNDAY, JANUARY 1

FORMAT (LOCATION)	TIME	INSTRUCTOR
Vinyasa Yoga (B)	12:30-1:30 p.m.	*Lainie*
BODYPUMP (A)	4-5 p.m.	*Cindy*

OLDER ADULT · CARDIO · STRENGTH/TONING · MIND/BODY · DANCE

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