



MASON COMMUNITY CENTER

DROP-IN GROUP EXERCISE: August 17 - September 30, 2020

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
THE RIDE Heather 5:30 - 6:15a (C)	BODYPUMP Viola 5:30 - 6:30a (A)	VINYASA YOGA Lainie 7:00-7:45a (B)	BODYPUMP Viola 5:30 - 6:30a (A)	THE RIDE XPRESS Brad 6:00 - 6:30a (C)	BODYPUMP Cindy 7:15 - 8:00a (A)
GRIT Kathy 8:00 - 8:30a (A)	CARDIO, KICK & CORE Amy 8:00 - 8:45a (A)	GRIT Kathy 8:00 - 8:30a (A)	BARRE Amy 8:00 - 8:45a (A)	SMALL GROUP TRAINING HIIT Kathy 8:00 - 8:45a (A)	THE RIDE Cindy 8:15 - 9:15a (C)
TABATA Amy 8:00 - 8:45a (Gym)	THE RIDE INTERVALS Heather 8:15 - 9:30a (C)	SMALL GROUP TRAINING Amy 8:00 - 8:45a (Gym)	THE RIDE INTERVALS Amanda 8:15 - 9:30a (C)	THE RIDE Heather 8:30-9:15a (C)	CXWORX Team 8:30 - 9:00a (A)
HATHA YOGA Pooja 9:00-9:45a (B)	HATHA YOGA Beth 8:45 - 9:30a (B)	BODYPUMP Heather 9:00 - 9:45a (A)	VINYASA YOGA Kathy 9:00 - 9:45a (B)	DEEP WATER Kimberly 9:00-9:45a (CP)	SH'BAM Connie 9:30 - 10:15a (A)
BODYPUMP Michelle 9:00 - 9:45a (A)	TRX BOOTCAMP Amanda 9:15 - 10:15a (Gym)	THE RIDE XPRESS Kathy 9:00-9:30a (C)	BODYCOMBAT Kiley 9:15 - 10:00a (A)	BODYPUMP Ashley 9:15 - 10:00a (A)	BODYFLOW Connie 10:45 - 11:30a (A)
DEEP WATER Kimberly 9:00-9:45a (CP)	SMALL GROUP TRAINING HIIT Michelle 9:15-10:00a (A)	HATHA YOGA Beth 9:45 - 10:30a (B)	TRX BOOTCAMP Michelle 9:30 - 10:30a (Gym)	TRX Michelle 9:30-10:15a (Gym)	Sunday
THE RIDE Amanda 9:30-10:15a (C)	HATHA YOGA Viola 10:00 - 10:45a (B)	WATERINMOTION Brad 10:00-10:45a (LP)	HATHA YOGA Pooja 10:00-10:45a (B)	VINYASA YOGA Chellie 10:00 - 10:45a (B)	THE RIDE Team 9:15 - 10:15a (C)
CARDIO WATER FIT Kimberly 10:00-10:45a (LP)	WATERINMOTION Beth 10:00-10:45a (LP)	TONE XPRESS Ashley 10:15 - 10:45a (A)	WATERINMOTION Beth 10:00-10:45a (LP)	CXWORX Ashley 10:30 - 11:00a (A)	VINYASA YOGA Lainie 9:30 - 10:15a (B)
CXWORX Michelle 10:15 - 10:45a (A)	TONE Brad 10:30 - 11:15a (A)	TRX Viola 10:15 - 11:00a (Gym)	TONE Kiley 10:30 - 11:15a (A)	TABATA Michelle 10:30-11:15a (Gym)	BODYPUMP Chrissy 4:00 - 5:00p (A)
YOGA 30 Amanda 10:30-11:00a (B)	SILVERSNREAKERS® Tomi 11:15a - 12:00p (B)	CXWORX Ashley 11:15 - 11:45a (A)	SILVERSNREAKERS® Tomi 11:15a - 12:00p (B)	FOREVER FIT/ YOGA Pooja 11:15a - 12:00p (A)	
TRX & PILATES Viola 10:45 - 11:45a (Gym)	FOREVER FIT DANCE Brad 11:45a - 12:30p (A)	PILATES Viola 11:15a - 12:00p (B)	FOREVER FIT INTERVALS Viola 11:45 - 12:30a (A)	PILATES Viola 11:15a - 12:00p (B)	
SILVERSNREAKERS® Viola 12:30 - 1:15p (A)	SILVERSNREAKERS® Kimberly 12:30 - 1:15p (B)	FOREVER FIT/ YOGA Chellie 12:15 - 1:00p (A)	SILVERSNREAKERS® Kimberly 12:30 - 1:15p (B)	SILVERSNREAKERS® Viola 12:30 - 1:15p (A)	
HATHA YOGA Chellie 4:00 - 4:45p (B)	BODYFLOW Chellie 4:00 - 4:45p (B)	BODYCOMBAT Kiley 4:45-5:30p (A)	BODYFLOW Chellie 4:00 - 4:45p (B)		
TONE Kiley 4:45 - 5:30p (A)	BODYPUMP Connie 5:00 - 5:45p (A)	BODYFLOW Cindy 5:00 - 5:45p (B)	BODYPUMP Brad 5:00 - 5:45p (A)		
THE RIDE Cindy 6:00 - 6:45p (C)	VINYASA YOGA Lainie 5:30 - 6:15p (B)	BODYPUMP Cindy 6:00-6:45p (A)	THE RIDE XPRESS Cindy 5:45 - 6:15p (C)		
SH'BAM Brad 6:00 - 6:45p (A)	CXWORX Connie 6:15 - 6:45p (A)	THE RIDE Connie 6:00 - 6:45p (C)	CXWORX Brad 6:15 - 6:45p (A)		

- CARDIO**
- DANCE**
- MIND AND BODY**
- STRENGTH**
- FUNCTIONAL FITNESS (55+)**
- Heart rate monitor instructed class**
- WATER**

LOCATIONS		FEES (based on membership type)	
(A) - Studio A	(SC) - Senior Center	Premier	Free
(B) - Studio B	(Gym) - Gymnasium	Basic/Silver Sneaker*	\$2
(C) - Studio C	(LP) - Leisure Pool	Healthy Lifestyle	\$4
(Rm A) - Activity Room A	(CP) - Competition Pool	Social	\$6
(FC) - Fitness Center		Non-member (adult day pass)	\$20
		Forever Fit w/membership	\$1

Class Procedures:

- Please obtain a class card from the Membership Services Desk after checking in at the turnstiles as early as 30 minutes before class.
- Classes will continue to be first come first served. No appointment is necessary.
- Class capacities have been reduced based on the square footage of each studio.
- Participants may begin setting up 10 minutes before the start of their class.
- Please practice a minimum of 6 ft. social distancing while setting up prior to class.
- Please arrive on time to ensure proper class set up and social distancing.
- Face masks are recommended in common areas of the Center but are not required during class.
- In observance of best practices, fans will not be used in studios during classes.
- Please wipe down equipment before and after use.
- Please wash your hands in the restroom or sanitize with hand sanitizer for 20 seconds before and after class?
- 30 minutes of time is allotted in between classes. During this time, staff will sanitize equipment after class ends and participants exit the studio.

What to bring to class:

- Bring only the necessities to class. All valuables should remain at home or locked in a secured, hidden place in your car.
- Please bring a pre-filled water bottle to class. Water fountains are not recommended for use.
- The Center's complimentary towel service has been suspended. All equipment will be provided for classes, including yoga mats. However, it is highly recommended that participants bring their own yoga mat for classes where mats are frequently used.



LABOR DAY Monday, Sept. 7

BODYPUMP

Chrissy 8:00 - 9:00a (A)

THE RIDE

Connie 9:15 - 10:00a (C)

CXWORX + HIIT

Heather/Michelle 9:30 - 10:15a (A)

HATHA YOGA

Lainie 10:00 - 11:00a (B)

GROUP EXERCISE TRIATHLON

Join us for this fun, outdoor
three-part workout!

LIFT. CYCLE. CORE.

LES MILLS
BODYPUMP



LES MILLS
CXWORX

SATURDAY, SEPTEMBER 26
9:00 - 11:30 a.m.

Registration Required

GROUP EXERCISE OCTOBER PASSPORT

How many group exercise classes can
YOU take in the month of October?

Pick up a class passport at the Member
Services desk and get it stamped for each
class you take in the month of October.



Successfully complete your passport
to receive a free heart rate monitor.

No registration required.