### Monday
- **THE RIDE**
  - Heather
  - Time: 5:30 - 6:15p (C)

### Tuesday
- **BODYPUMP**
  - Veda
  - Time: 5:30 - 6:30a (A)

### Wednesday
- **VINYASA YOGA**
  - Lane
  - Time: 7:00-7:45a (B)

### Thursday
- **BODYPUMP**
  - Veda
  - Time: 5:30 - 6:30a (A)

### Friday
- **BODYPUMP**
  - Eden
  - Time: 7:15 - 8:00a (C)

### Saturday
- **SH'BAM**
  - time: 7:15 - 8:00a (A)

### Sunday
- **THE RIDE**
  - Time: 9:30 - 10:15a (C)

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### LOCATIONS
- (A) - Studio A
- (B) - Studio B
- (SC) - Senior Center
- (LP) - Leisure Pool
- (Gym) - Gymnasium

### FEES (Based on membership type)
- **Premier** - Free
- **Basic/Silver Sneaker®** - $2
- **Social** - $6
- **Non-Member 18+** - $20
- **Healthy Lifestyle** - $4
- **Forever Fit Member** - $1

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**Updated 01.04.2021**
GROUP EXERCISE 101 CLASSES

INTRO CLASSES • Saturday, January 16

9:00 - 10:00 A.M.
CYCLE 101

10:30 - 11:15 A.M.

INTRO CLASSES • Saturday, January 23

2:00 - 2:45 P.M.
YOGA 101

3:00 - 3:45 P.M.

Check out a suspension training TRX class!

No experience needed, all levels welcome
3 Different style formats:
TRX: strength based workout
TRX Bootcamp: strength/cardio workout
TRX & Pilates: strength/core based workout

6 Options throughout the week:
- Monday TRX & Pilates 10:45 - 11:45 a.m.
- Monday TRX Bootcamp 7:15 - 8:00 p.m.
- Tuesday TRX Bootcamp 9:15 - 10:15 a.m.
- Wednesday TRX 10:15 - 11:00 a.m.
- Thursday TRX Bootcamp 9:30 - 10:30 a.m.
- Friday TRX 9:30 - 10:15 a.m.

GROUP EXERCISE Reminders:

- Please arrive to the studio 10 - 15 minutes BEFORE class starts. Entry after the first 5 minutes of class is not permitted.
- All participants need to pick up a group exercise card from customer service.
- Participants must wear clean and dry closed toe shoes. In winter months, this means either bringing a dry pair of shoes to MCC to change into (preferred), or making sure your shoes are dry before entering the studio.
- Maintain appropriate social distance while in the group exercise studio, and wear masks at all times up until you start working out. Please re-mask when you are putting away equipment/exiting class.
- Wipe down all equipment used in class before use, and after class.