



MASON COMMUNITY CENTER

DROP-IN GROUP EXERCISE

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

- CARDIO
- DANCE
- MIND AND BODY
- STRENGTH
- FUNCTIONAL FITNESS (55+)
- WATER

LOCATIONS	FEES (Based on membership type)
(A) - Studio A (FC) - Fitness Center (LP) - Leisure Pool	Premier - Free Social - \$6
(B) - Studio B (SC) - Senior Center (SC) - Senior Center	Basic/Silver Sneaker® - \$2 Non-Member 18+ - \$20
(C) - Studio C (Gym) - Gymnasium	Healthy Lifestyle - \$4 Forever Fit Member - \$1

FUNCTIONAL FITNESS (55+) DROP-IN GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday
SILVERSNEAKERS® CLASSIC Tomi 10:00 - 10:45a (SC)	FOREVER FIT DANCE Brad 10:30 - 11:15a (A)	FOREVER FIT YOGA Chellie 11:15a - 12:00p (A)	FOREVER FIT INTERVALS Viola 10:30 - 11:15a (A)	SILVERSNEAKERS® CLASSIC Tomi 10:00 - 10:45a (SC)
FOREVER FIT INTERVALS Veronica 11:15 - 12:00a (A)	SILVERSNEAKERS® CLASSIC Kimberly 11:15a - 12:00p (B)		SILVERSNEAKERS® CLASSIC Kimberly 11:15a - 12:00p (B)	FOREVER FIT YOGA Pooja 11:15a - 12:00p (A)
SILVERSNEAKERS® CLASSIC Veronica 12:30 - 1:15p (A)	SILVERSNEAKERS® CLASSIC Veronica 11:45a - 12:30p (A)		SILVERSNEAKERS® CLASSIC Veronica 11:45a - 12:30p (A)	SILVERSNEAKERS® CLASSIC Viola 12:30 - 1:15p (A)

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.

GROUP EXERCISE 101 CLASSES

INTRO CLASSES • Saturday, January 16



TRX 101

9:00 - 10:00 A.M.

10:30 - 11:15 A.M.



CYCLE 101

INTRO CLASSES • Saturday, January 23



YOGA 101

2:00 - 2:45 P.M.

3:00 - 3:45 P.M.



LES MILLS BODY PUMP 101

registration required



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. |