

MRC Drop-In Fitness Schedule

September 7 - December 12, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			Strength, Abs & Strength 7am - 8am			
Aqua Spinning 9am - 9:45am	Aqua Fit 9am - 9:45am	Aqua Spinning 9am - 9:45am	Aqua Fit 9am - 9:45am	Aqua Spinning 9am - 9:45am		
Strength, Abs & Strength 9:15am - 10:15am	No Sweat 9:15am - 10:15am	Joint Efforts 9:15am - 10:15am	No Sweat Extreme 9:15am - 10:15am	55+ Fitness 9:15am - 10:15am	Strength, Abs & Strength 9:15am - 10:15am	
					Weight Training for Teens* 10am - 12pm	
55+ Dance Blast 10:45am - 11:45am			Beginner Yoga 10:30am - 11:30am	Osteo 10:30am - 11:30am		
Women's Weight Training 12:10pm - 12:50pm	Bosu Quick Fit 12:10pm - 12:50pm	Women's Weight Training 12:10pm - 12:50pm	Bosu Quick Fit 12:10pm - 12:50pm			
				Mommy Moves Mom and Baby* 1:15pm - 2:00pm		
	Water Wellness 2pm - 2:45pm		Water Wellness 2pm - 2:45pm			
No Sweat 5:45pm - 6:45pm		No Sweat Extreme 5:45pm - 6:45pm				
			Core Power 6pm - 7pm			
	Belly Dancing Level 1* 6:30pm - 7:30pm					
Step & Strength 7pm - 8pm		Step & Strength 7pm - 8pm	No Sweat 7:15pm - 8:15pm			
Mommy Moves Prenatal* 7pm - 8pm	Belly Dancing Level 2* 7:30pm - 8:30pm					
		Tai Chi* 8pm - 9pm				
	Belly Dancing Level 3* 8:30pm - 9:30pm					

- Schedule subject to change without notice.
- Classes are not held on Statutory Holidays.