

**SPORTS CLUB HOURS**









Mon-Thurs: 4:45am - 9:00pm  
 Friday: 4:45am - 9:00pm  
 Saturday: 7:45am - 7:00pm  
 Sunday: 7:45am - 6:00pm

**GROUP CLASS**

**SCHEDULE**

**CHILD CARE HOURS**

Mon-Thurs: 8:00am-12:30pm  
 4:30pm-7:30pm  
 Friday: 8:00am-12:00pm  
 Saturday: 8:00am-12:00pm  
 Sunday: **CLOSED**

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am							
6:00am		<b>Yoga</b> (MARGIE) 		<b>Yoga</b> (MARGIE) 			
8:30am	<b>Gerofit</b> (VA) <b>BARRE</b> (STARR) 8:15am	<b>Stretch &amp; Flow</b> (AMY)	<b>Gerofit</b> (VA) <b>BARRE</b> (STARR) 8:15am	<b>Stretch &amp; Flow</b> (AMY)	<b>Gerofit</b> (VA)		
9:00am	<b>Senior Yoga</b> (Starr)					<b>Zumba</b> (MARIA)	
9:30am	<b>Hi/Lo Cardio &amp; Abs</b> (CG)	<b>FIRM &amp; TONE</b> (CG)	<b>Muscle Pump</b> (CG)			<b>Yoga</b> 10:00am 	
10:30am	<b>Silver Sneakers</b> (CG)		<b>Silver Sneakers</b>  (CG)		<b>Silver Sneaker</b>  (CG)		
11:00am							
12:00pm	<b>Nia Dance</b> (HOLLY)			<b>NIA Dance</b> (HOLLY)			
3:00pm							
4:15pm							
5:30pm	<b>Yoga</b> (DOROTHY) 	<b>Zumba</b> (MARIA) 	<b>Circuit Express</b> (penelope)	<b>Zumba</b> (MARIA) 			
6:00pm							
6:30pm							

**FREE TO MEMBERS**  
**NON-MEMBERS: \$5 PER CLASS**



[www.msportsclub.com](http://www.msportsclub.com)  
 (919) 384-1992