

**SPORTS CLUB HOURS**

Monday-Thursday: 5:00am-10:00pm  
 Friday: 5:00am-9:00pm  
 Saturday: 8:00am-7:00pm

**CHILD CARE HOURS**

Monday-Thursday: 8:30am-12:30pm & 4:30pm-8:00pm  
 Friday: 8:30am-12:30pm & 5:00pm-7:00pm  
 Saturday: 8:00am-12:00pm  
 Sunday: CLOSED

# Group Fitness

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45 am							
6:00am		Yoga (MARGIE)		Yoga (MARGIE)			
8:00am	Gerofit (VA) BARRE (STARR)	Stretch & Flow 8:30am (AMY)	Gerofit (VA) BARRE (STARR)	Stretch & Flow 8:30am (Amy)	Gerofit (VA)	Circuit Express (Penelope)	
9:00am	Senior Yoga (STARR)				Senior Yoga (STARR)	Zumba (MARIA)	
9:30am	Hi/Lo Cardio & abs (CG)	Firm & Tone (CG)	Muscle Pump (CG)				
10:30am	Silver Sneakers (CG)		Silver Sneakers (CG)		Silver Sneakers (CG)	Yoga @10:00am Dorothy	
11:00am							
12:00pm	NIA Dance (HOLLY)			NIA Dance (HOLLY)			
3:00pm							
4:15pm							
5:30pm	Yoga @5:30pm Dorothy	Zumba (MARIA)	Circuit Express (Penelope)	Zumba (MARIA)			
6:00pm							
6:30pm	Commit/Zumba (Lisa)		Commit/Zumba (Lisa)				

FREE TO MEMBERS

Non-Members: \$5 per Class

www.msportsclub.com

919-3841992