



# GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING CLASSES

5:15 - MICHELLE <b>GROUP RIDE</b> 3rd Bay	5:15 - JEN <b>GROUP POWER</b> 1st Bay	5:15 - MICHELLE <b>GROUP RIDE</b> 3rd Bay	5:15 - ELIZABETH <b>GROUP POWER</b> 1st Bay	5:15 - KARIN C. <b>GROUP RIDE</b> 3rd Bay	7:15 - DIANE <b>GROUP POWER</b> 1st Bay	7:15 - KARIN C. <b>R30</b> 3rd Bay
8:00 - LORI <b>YOGA</b> 1st Bay	8:00 - KARIN B. <b>GROUP RIDE</b> 3rd Bay	8:00 - JEN <b>YOGA</b> 1st Bay	8:00 - LORI <b>GROUP RIDE</b> 3rd Bay	8:00 - PAULA <b>20/20/20</b> 1st Bay	8:15 - SHERRY <b>GROUP RIDE</b> 3rd Bay	8:00 - LORI <b>YOGA</b> Outside*
8:00 - KARIN C. <b>GROUP POWER</b> 1st Bay	9:15 - CHRISTA <b>GROUP ACTIVE</b> 1st Bay	9:15 - CHRISTA <b>GROUP POWER</b> 1st Bay	9:00 - KAREN B <b>LET'S DANCE</b> ZOOM	9:15 - CHRISTA <b>GROUP FIGHT</b> 1st Bay	9:15 - JEN <b>GROUP POWER</b> 1st Bay	9:15 - NIKKI <b>GROUP GROOVE</b> 1st Bay
9:15 - DANIELLE <b>GROUP FIGHT</b> 1st Bay	9:15 - CHRISTA <b>GROUP POWER</b> 1st Bay	9:00 - KAREN B <b>LET'S DANCE</b> ZOOM	9:15 - CHRISTA <b>GROUP FIGHT</b> 1st Bay	9:15 - JEN <b>GROUP POWER</b> 1st Bay	9:15 - NIKKI <b>GROUP GROOVE</b> 1st Bay	9:15 - DANIELLE <b>GROUP FIGHT</b> 1st Bay
9:15 - KARIN C. <b>GROUP CENTERGY</b> 1st Bay	11:00 - LORI <b>SILVER SNEAKERS</b> 1st Bay	10:30 - DIANE <b>GROUP CENTERGY</b> 1st Bay	11:00 - PAULA <b>SILVER SNEAKERS</b> 1st Bay	10:30 - MINDY <b>GROUP CENTERGY</b> 1st Bay	11:00 - NOELLA <b>SILVER SNEAKERS</b> 1st Bay	10:30 - MEL <b>GROUP GROOVE</b> 1st Bay
10:15 - MEL <b>GROUP ACTIVE</b> 1st Bay						

AFTERNOON CLASSES

4:30 - NOELLA <b>GROUP FIGHT</b> 1st Bay	1:15 - NOELLA <b>SILVER SNEAKERS</b> 1st Bay	4:30 - JESS <b>GROUP POWER</b> 1st Bay	1:15 - LORI <b>SILVER SNEAKERS</b> 1st Bay	4:30 - LORI <b>GROUP CENTERGY</b> 1st Bay
5:30 - KARIN B. <b>GROUP RIDE</b> 3rd Bay	4:30 - SHERRY <b>GROUP RIDE</b> 3rd Bay	5:45 - CHRISTA <b>GROUP GROOVE</b> 1st Bay	4:30 - OLIVIA <b>GROUP FIGHT</b> 1st Bay	5:30 - KARIN C. <b>GROUP POWER</b> 1st Bay
6:30 - JESS <b>GROUP POWER</b> 1st Bay	4:30 - PAULA B <b>YOGA</b> Outside	6:45 - DIANE <b>GROUP CENTERGY</b> 1st Bay	5:30 - NOELLA <b>GROUP RIDE</b> 3rd Bay	
	5:30 - JESS <b>GROUP FIGHT</b> 1st Bay		6:30 - CHRISTY <b>GROUP POWER</b> 1st Bay	
	6:45 - CHRISTY <b>GROUP POWER</b> 1st Bay			

Schedule effective as of September 6th 2021

**IMPORTANT SIGN UP & GYM INFORMATION**

Preregistration will be required for all classes.  
 Register Online: [10468.ezfacility.com](https://10468.ezfacility.com), Memberme+ app or call  
 \*see email for instructions or call for more information

**Class Sizes:**  
 24 People Max in each class in the 1st bay  
 20 people max in 3rd bay (Group Ride)

Masks are optional.

If you are not feeling well or if someone in your household is sick please stay home!

978-630-9212 | [mwcc.edu/fitness](https://mwcc.edu/fitness)  
 Weekday Hours: 5am-9pm | Weekend Hours: 7am-3:30pm

All Classes will be held in the 1st bay, 3rd bay, studio or virtually. Please follow all gym protocols before and after classes. \*Weather permitting for outside classes.