



GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
5:15 - Karin B.	5:15 - Elizabeth	5:15 - Karin B.	5:15 - Elizabeth	5:15 - Karin C.	7:15 - Karin C.	7:15 - Karin C.
8:00 - Jen	8:00 - Karin B.	8:00 - Jen	8:00 - Karin B.	8:00 - Paula	8:15 - Karin C.	8:00 - Karin C.
Yoga		Yoga		20/20/20		
9:15 - Christa	9:15 - Christa	9:15 - Christa	9:15 - Victoria	9:15 - Noella	9:15 - Danielle	9:15 - Karin C.
11:00 - Paula	10:30 - Diane	11:00 - Paula	10:30 - Victoria	11:00 - Noella	10:30 - Mel	10:30 - Mel
Afternoon Classes					Yoga Studio Schedule	
	1:15 - Noella		1:15 - Noella			
4:30 - Noella	4:30 - Karin C.	4:30 - Jess	4:30 - Olivia			
5:30 - Karin B.	5:30 - Jess	5:45 - Christa	5:30 - Noella			
6:30 - Karin C.	6:45 - Jess	6:45 - Diane	6:30 - Karin C.			
<p>*Preregistration is required for all classes. You can register at the front desk or through the MemberMe+ App. Have questions? Contact our Group Exercise Manager: Karin Cormier - kcormier3@mwcc.mass.edu - 978-630-9530</p>					<p>Tuesday - 9:00 AM Zoom Available</p> <p> Let's Dance Karen B.</p>	
					<p>Tuesday - 4:30 PM Zoom Available</p> <p> Yoga Paula B.</p>	
					<p>Thursday - 4:30 PM Zoom Available</p> <p> Gentle Yoga Stacey</p>	
					<p>Thursday - 5:30 PM Zoom Available</p> <p>Restorative Yoga Stacey</p>	
					<p>Saturday - 8:00 AM Zoom Available</p> <p> Yoga Alt. Staff</p>	