



GROUP FITNESS SCHEDULE (effective 9/10/26)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes						
5:15 - Karin B.	5:15 - Victoria	5:15 - Karin B.	5:15 - Elizabeth	5:15 - Elizabeth	7:00 - Jess	
		30 Min.				
8:00 - Stacey	8:00 - Karin B.	8:00 - Jess	8:00 - Karin B.	8:00 - Karin C.	8:00 - Karin C.	7:45 - Karin C.
Yoga				20/20/20		30 Min.
9:15 - Christa	9:15 - Christa	9:15 - Christa	9:15 - Erin	9:15 - Noella	9:00 - Karin C.	8:15 - Karin C.
Total Body Conditioning					30 Min.	
	10:30 - Diane				9:30 - Danielle	9:30 - Victoria
11:00 - Paula		11:00 - Paula		11:00 - Noella	10:30 - Christa/Noella	
Afternoon Classes						
	1:15 - Noella		1:15 - Noella		Yoga Studio Schedule	
					Tuesday - 9:00 AM	Move and Groove
4:30 - Erin	4:30 - Victoria	4:30 - Karin C.	4:30 - Noella			
					Tuesday - 5:30 PM	Yoga Chantal
5:30 - Karin B.	5:30 - Wen	5:30 - Jess	5:30 - Wen	5:00 - Diane		
30 Min.					Thursday - 4:30 PM	Gentle Yoga Stacey
6:15 - Danielle		5:30 - Christa	Preregistraion is required for all RPM and Yoga Studio classes.		Thursday - 5:30 PM	Restorative Yoga Stacey
		6:45 - Diane	Got questions? Contact our Group Exercise Manager, Karin Cormier: kcormier3@mwcc.mass.edu, 978-630-9530		Saturday - 8:00 AM	Jess