

# MARK GREEN SPORTS CENTER GROUP EXERCISE SCHEDULE

# AUG 21

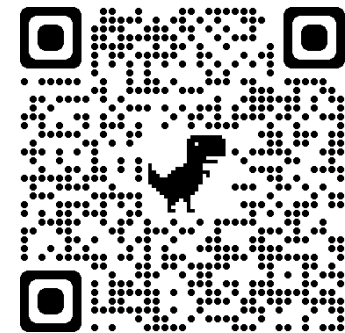
MON	TUES	WED	THURS	FRI
<b>FAB FIT</b> 10 AM - 11 AM W/ CARMEN IN-PERSON GYMSIDE B	<b>TABATA CIRCUIT TRAINING</b> 8 AM -8:50 AM W/ROB VIRTUAL VIA ZOOM	<b>BRAZILIAN BOOM BOOM</b> 10 AM -11 AM W/JESSICA IN-PERSON AEROBICS ROOM	<b>TABATA CIRCUIT TRAINING</b> 8 AM -8:50 AM W/ROB VIRTUAL VIA ZOOM	<b>ZUMBA</b> 8:30 AM - 9:30AM W/ MONICA IN-PERSON GYMSIDE B
	<b>SILVER SNEAKERS CLASSIC</b> 10 AM - 11 AM W/ STEVE IN-PERSON GYMSIDE B		<b>SILVER SNEAKERS CLASSIC</b> 10 AM - 11 AM W/ MIKE IN-PERSON GYMSIDE B	<b>TOTAL BODY FIT</b> 9:45 AM - 10:45 AM W/ VERONICA IN-PERSON GYMSIDE B
<b>ZUMBA</b> 6:30 PM -7:30 PM W/ BOB IN-PERSON AEROBICS ROOM	<b>TOTAL BODY FIT</b> 5 PM - 6PM W/ JEFF IN-PERSON AEROBICS ROOM			

## ANNOUNCEMENTS

- Bob and Steve are back teaching Zumba and Silver Sneakers!
- More classes are coming soon! To receive our latest announcements, please make sure your email is up-to-date on your Rec1 account. See front desk for more info.

### FREE FITNESS ORIENTATION

Scan the QR code with your smart phone camera to schedule a FREE fitness equipment orientation.



- MASKS ARE REQUIRED FOR ALL UNVACCINATED INDIVIDUALS.
- MASKS ARE ALSO REQUIRED IN THE GYMNASIUM WHILE YOUTH PROGRAMS ARE BEING CONDUCTED.
- CLASSES THAT TAKE PLACE VIRTUALLY REQUIRE A REGISTRATION.
- MAKE SURE TO ARRIVE EARLY TO IN-PERSON CLASSES TO ENSURE A SPOT IN THE CLASS. SPACE IS LIMITED.

