

MARK GREEN SPORTS CENTER GROUP EXERCISE SCHEDULE

OCT 2021

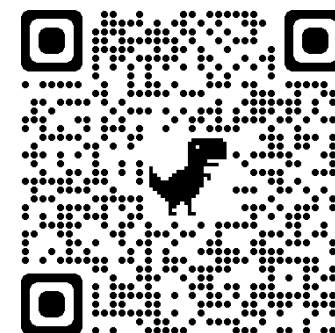
MON	TUES	WED	THURS	FRI
TOTAL BODY FIT 8:30 AM - 9:30 AM W/ VERONICA IN-PERSON GYMSIDE B	TABATA CIRCUIT TRAINING 8 AM -8:50 AM W/ROB VIRTUAL VIA ZOOM	BRAZILIAN BOOM BOOM 10 AM -11 AM W/JESSICA IN-PERSON GYMSIDE B	TABATA CIRCUIT TRAINING 8 AM -8:50 AM W/ROB VIRTUAL VIA ZOOM	ZUMBA 8:30 AM - 9:30AM W/ MONICA IN-PERSON GYMSIDE B
FAB FIT 10 AM - 11 AM W/ CARMEN IN-PERSON GYMSIDE B	SILVER SNEAKERS CLASSIC 10 AM - 11 AM W/ STEVE IN-PERSON GYMSIDE B		SILVER SNEAKERS CLASSIC 10 AM - 11 AM W/ MIKE IN-PERSON GYMSIDE B	TOTAL BODY FIT 9:45 AM - 10:45 AM W/ VERONICA IN-PERSON GYMSIDE B
BOMBAY JAM 6:30 PM- 7:30 PM W/ ANILA IN-PERSON GYMSIDE B	TOTAL BODY FIT 5:15 PM - 6:15 PM W/ JEFF IN-PERSON GYMSIDE B		MIXXED FIT 6:30 PM - 7:30 PM W/ AZIZA IN-PERSON GYMSIDE B	SENIOR YOGA FITNESS 11:30 AM - 12:30 PM W/ STEVE IN-PERSON GYMSIDE B

ANNOUNCEMENTS

- Anila is back teaching Bombay Jam on Monday nights!
- Total Body Fit has been added to Monday mornings!
- Total Body Fit on Tuesday evenings has been moved to 5:15 pm.
- Tabata Circuit Training is FREE for members. Pre-Registration required. 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 MEMBERS & GUESTS.
- MAKE SURE TO ARRIVE EARLY TO IN-PERSON CLASSES TO ENSURE A SPOT IN THE CLASS.