

MARK GREEN SPORTS CENTER GROUP EXERCISE SCHEDULE

MAY 2022

MON	TUES	WED	THURS	FRI	SAT	SUN
TOTAL BODY FIT 8:30 AM - 9:30 AM W/ VERONICA No Class 5/30	TABATA CIRCUIT 8:30 AM - 9:30 AM W/ LOGAN	BRAZILIAN PUMP & TONE 8:45 AM - 9:45 AM W/JESSICA	SCULPT 8:30 AM - 9:30 AM W/VERONICA	ZUMBA 8:30 AM - 9:30AM W/ MONICA OLIVE SUB 5/13	V-BODY SLAM 8:30 AM - 9:30AM W/ VERONICA	
FAB FIT 9:45 AM - 10:45 AM W/ CARMEN No Class 5/30	SILVER SNEAKERS CLASSIC 10 AM - 11 AM W/ STEVE	ZUMBA 10 AM - 11 AM W/OLIVE	SILVER SNEAKERS CLASSIC 10 AM - 11 AM W/ MIKE	TOTAL BODY FIT 9:45 AM - 10:45 AM W/ VERONICA	<div style="background-color: #008000; color: white; padding: 5px; text-align: center;">ANNOUNCEMENTS</div> <ul style="list-style-type: none"> Zumba with Mavia has been added to Friday nights! The Sports Center is open on holiday hours on Memorial Day - Monday May 30th, 2022. 7am -12 pm (No Classes) <div style="text-align: center; margin-top: 20px;"> FREE FITNESS ORIENTATION Scan the QR code with your smart phone camera to schedule a FREE fitness equipment orientation. </div> 	
	TOTAL BODY FIT 5:15 PM - 6:15 PM W/ JEFF	TOTAL BODY FIT 5:15 PM - 6:15 PM W/ JEFF	SILVER SNEAKERS CIRCUIT 12 PM - 1 PM W/ CARMEN	SENIOR YOGA FITNESS 11:30 AM - 12:30 PM W/ STEVE		
BOMBAY JAM 6:30 PM- 7:30 PM W/ ANILA No Class 5/30	POP PILATES 6:30 PM - 7:30 PM W/ DEB	ZUMBA 6:30 PM - 7:30 PM W/ MONICA	MIXXED FIT 6:30 PM - 7:30 PM W/ AZIZA	ZUMBA 6:30 PM - 7:30 PM W/ MAVIA		

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