

## **MRD FIT ZONE GROUP FITNESS SCHEDULE (updated 1/23/20)**

### **MONDAY:**

6:00AM SPIN – SHELLI	LOCATION:	FIT ZONE
8:15AM SPIN – WEESA		FIT ZONE
9:30AM BODY SCULPTING – VERONICA/REBECCA/TRACY/TARA		GYMNASIUM
9:30AM SILVER SNEAKERS YOGA – KATE		FIT ZONE
10:45AM ZUMBA – CYNTHIA/RILEY/CINDY		FIT ZONE
11:00AM CIRCUIT TRAINING – VERONICA/MELISSA	WEIGHT MACHINE AREA	
12:00PM TRX NATION – LAURIE		FIT ZONE
4:30PM YOGA – LYNN		FIT ZONE
5:45PM TAI CHI – JAN	FIT ZONE	(Class will be offered from January 13th – March 30th)
7:00PM SUP YOGA –KYLIE/MELISSA	LAP POOL	(Class will be offered every Monday beginning February 3rd)

### **TUESDAY:**

6:00AM STRENGTH & CONDITIONING – CHARDALE	FIT ZONE
8:15AM SPIN – MICHELLE	FIT ZONE
9:30AM TRX NATION – AMY	FIT ZONE
10:45AM BARRE – REBECCA	FIT ZONE
12:00PM SILVER SNEAKERS CLASSIC – VERONICA	FIT ZONE
1:00PM SILVER SNEAKERS ENERCHI – KATE	FIT ZONE
4:30PM BARRE – REBECCA	FIT ZONE
5:30PM SPIN – REBECCA	FIT ZONE
6:30PM ZUMBA – CYNTHIA	FIT ZONE

**ALL CLASSES ARE 60 MINUTES WITH THE EXCEPTION OF TUESDAY NIGHT BARRE, SPIN, AND SILVER SNEAKERS CLASSES, WHICH ARE 45 MINUTES.**

**PLEASE “LIKE”  OUR MRD FIT ZONE FACEBOOK PAGE FOR DAILY SCHEDULE POSTS, UPDATES AND CHANGES IN SCHEDULE.**

### **WEDNESDAY:**

6:00AM SPIN – MICHELLE	FIT ZONE
8:15AM SPIN – SHELLI	FIT ZONE
9:30AM YOGA – STANLEE	FIT ZONE
10:45AM ZUMBA – REBECCA	FIT ZONE
11:00AM CIRCUIT TRAINING – VERONICA	WEIGHT MACHINE AREA
12:00PM TRX NATION – LAURIE	FIT ZONE
1:15PM SILVER SNEAKERS YOGA – KATE/VERONICA	FIT ZONE
4:30PM YOGA – TRACY	FIT ZONE
5:45PM HIP-HOP DANCE FITNESS – RILEY	FIT ZONE

### **THURSDAY:**

6:00AM STRENGTH & CONDITIONING – CHARDALE	FIT ZONE
8:15AM SPIN – WEESA	FIT ZONE
9:30AM TRX NATION – AMY	FIT ZONE
10:45AM BARRE – REBECCA	FIT ZONE
12:00PM SILVER SNEAKERS CARDIO FIT – TARA	FIT ZONE
5:30PM SPIN – MICHELLE	FIT ZONE
6:30PM ZUMBA – CINDY	FIT ZONE

### **FRIDAY:**

6:00AM SPIN – MELANIE	FIT ZONE
8:15AM YOGA – KATE	FIT ZONE
9:30AM SILVER SNEAKERS YOGA – KATE	FIT ZONE
9:30AM BODY SCULPTING TABATA – VERONICA	GYMNASIUM
10:45AM ZUMBA – ELOISA	FIT ZONE
11:00AM CIRCUIT TRAINING – VEROICA	WEIGHT MACHINE AREA
12:00PM TRX – VERONICA	FIT ZONE (Class will be offered from January 3rd – March 27th)

### **SATURDAY:**

8:15AM SPIN – AMY	FIT ZONE
9:30AM TRX – AMY	FIT ZONE
10:45AM ZUMBA –ALI/CINDY/CYNTHIA/ELOISA/RILEY	FIT ZONE