



# MASON COMMUNITY CENTER

## DROP-IN GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>THE RIDE</b> Heather 5:30 - 6:15a (C)	<b>BODYPUMP</b> Viola 5:30 - 6:30a (A)	<b>THE RIDE</b> Samantha 5:30 - 6:15a (C)	<b>BODYPUMP</b> Viola 5:30 - 6:30a (A)	<b>THE RIDE</b> Michele 5:30-6:15a (C)	<b>BODYPUMP</b> Shanna 8:00 - 9:00a (A)
<b>GRIT</b> Kathy 8:00 - 8:30a (A)	<b>GRIT</b> Shanna 8:00 - 8:30a (Gym)	<b>GRIT</b> Kathy 8:00 - 8:30a (A)	<b>BARRE</b> Amy 8:15 - 9:00a (A)	<b>TABATA</b> Amy 8:00 - 8:45a (A)	<b>THE RIDE</b> Team 8:30 - 9:15a (C)
<b>TABATA</b> Amy 8:15 - 9:00a (Gym)	<b>CARDIO, KICK &amp; CORE</b> Amy 8:15 - 9:00a (A)	<b>SMALL GROUP TRAINING</b> Amy 8:15-9:00a (Gym)	<b>THE RIDE INTERVALS</b> Amanda 8:30 - 9:45a (C)	<b>SMALL GROUP TRAINING HIIT</b> Kathy 8:00 - 8:45a (Gym)	<b>LES MILLS CORE</b> Shanna 9:15 - 9:45a (A)
<b>LES MILLS CORE</b> Michelle 9:00 - 9:30a (A)	<b>THE RIDE INTERVALS</b> Heather 8:30 - 9:45a (C)	<b>BARRE</b> Sarah 8:45 - 9:30a (B)	<b>POWER VINYASA FLOW</b> Kathy 8:30 - 9:30a (B)	<b>THE RIDE</b> Heather 8:30-9:15a (C)	<b>BODYFLOW</b> Connie 9:30 - 10:30a (B)
<b>DEEP WATER</b> Kimberly 9:00-9:45a (CP)	<b>HATHA YOGA</b> Beth 9:00 - 9:45a (B)	<b>THE RIDE XPRESS</b> Kathy 9:00-9:30a (C)	<b>BODYCOMBAT</b> Kiley 9:15 - 10:00a (A)	<b>LES MILLS CORE</b> Ashley 9:00 - 9:30a (A)	<b>GRIT</b> Team 10:00 - 10:30a (Gym)
<b>HATHA YOGA</b> Chellie 9:15-10:15a (B)	<b>TONE</b> Shanna 9:15 - 10:00a (A)	<b>DEEP WATER</b> Ashley 9:00-9:45a (CP)	<b>TRX BOOTCAMP</b> Michelle 9:30 - 10:30a (FC)	<b>BARRE</b> Judie 9:00 - 9:45a (B)	<b>TONE</b> Team 10:00 - 10:45a (A)
<b>THE RIDE</b> Amanda 9:30-10:15a (C)	<b>TRX BOOTCAMP</b> Amanda 9:15 - 10:15a (FC)	<b>BODYPUMP</b> Heather 9:15 - 10:15a (A)	<b>HATHA YOGA</b> Chellie 9:45 - 10:45a (B)	<b>DEEP WATER</b> Kimberly 9:00-9:45a (CP)	<b>SH'BAM</b> Connie 11:00 - 11:45a (A)
<b>BODYPUMP</b> Michelle 9:45 - 10:45a (A)	<b>HATHA YOGA</b> Viola 10:00 - 10:45a (B)	<b>HATHA YOGA</b> Beth 9:45 - 10:45a (B)	<b>WATER IN MOTION</b> Samantha 10:00-10:45a (LP)	<b>TRX</b> Michelle 9:30-10:15a (FC)	
<b>WATER IN MOTION</b> Ashley 10:00-10:45a (LP)	<b>PILATES</b> Maggie 11:00 - 11:45a (B)	<b>WATER IN MOTION</b> Veronica 10:00-10:45a (LP)	<b>FOREVER FIT INTERVALS</b> Viola 10:30 - 11:15a (A)	<b>BODYPUMP</b> Ashley 9:45 - 10:45a (A)	<b>Sunday</b>
<b>SILVERSNEAKERS®</b> Tomi 10:00 - 10:45a (SC)	<b>WATER IN MOTION</b> Michelle 10:00 - 10:45a (LP)	<b>TRX</b> Viola 10:15 - 11:00a (FC)	<b>SILVERSNEAKERS®</b> Kimberly 11:15a - 12:00p (B)	<b>VINYASA FLOW</b> Chellie 10:00 - 10:45a (B)	<b>BODYCOMBAT</b> Shanna 8:00 - 9:00a (A)
<b>VINYASA FLOW</b> Amanda 10:30-11:00a (B)	<b>SH'BAM</b> Sarah 10:15 - 11:00a (A)	<b>TONE XPRESS</b> Ashley 10:30 - 11:00a (A)	<b>SILVERSNEAKERS®</b> Veronica 11:45a - 12:30p (A)	<b>CARDIO WATER FIT</b> Kimberly 10:00-10:45a (LP)	<b>BARBELL STRENGTH</b> Judie 9:15 - 10:00a (A)
<b>TRX &amp; PILATES</b> Viola 10:45 - 11:45a (FC)	<b>SILVERSNEAKERS®</b> Kimberly 11:00 - 11:45a (Gym)	<b>SILVERSNEAKERS®</b> Veronica 11:00 - 11:45a (Gym)	<b>BODYPUMP</b> Michelle 5:00 - 6:00p (A)	<b>SILVERSNEAKERS®</b> Tomi 10:00 - 10:45p (SC)	<b>THE RIDE</b> Maggie 9:15 - 10:15a (C)
<b>FOREVER FIT INTERVALS</b> Veronica 11:15a - 12:00p (A)	<b>FOREVER FIT DANCE</b> Veronica 11:15a - 12:00p (A)	<b>PILATES</b> Viola 11:15a - 12:00p (A)	<b>BODYFLOW</b> Chellie 5:30 - 6:15p (B)	<b>FOREVER FIT YOGA</b> Beth 11:15a - 12:00p (B)	<b>BODYFLOW</b> Shanna 9:30 - 10:15a (B)
<b>SILVERSNEAKERS®</b> Veronica 12:30 - 1:15p (A)	<b>BODYPUMP</b> Connie 5:00 - 6:00p (A)	<b>FOREVER FIT YOGA</b> Chellie 11:15a - 12:00p (B)	<b>TONE</b> Sarah 6:15 - 7:00p (A)	<b>PILATES</b> Viola 11:15a - 12:00p (A)	<b>PILATES</b> Judie 10:15 - 11:00a (A)
<b>HATHA YOGA</b> Chellie 4:00 - 5:00p (B)	<b>LES MILLS CORE</b> Connie 6:15 - 6:45p (A)	<b>HATHA YOGA</b> Pooja 4:00 - 5:00p (B)	<b>HATHA YOGA</b> Beth 6:45 - 7:45p (B)	<b>FOREVER FIT INTERVALS</b> Maggie 12:15 - 1:00p (B)	<b>BODYPUMP</b> Chrissy 4:00 - 5:00p (A)
<b>LES MILLS CORE</b> Ashley 5:15 - 5:45p (A)	<b>BODYFLOW</b> Chellie 6:15 - 7:00p (B)	<b>BODYCOMBAT</b> Kiley 5:00-5:45p (A)	<b>SH'BAM</b> Veronica 7:15 - 8:00p (A)	<b>SILVERSNEAKERS®</b> Viola 12:30 - 1:15p (A)	
<b>THE RIDE</b> Samantha 6:00 - 6:45p (C)	<b>TONE</b> Kiley 7:00 - 7:45p (A)	<b>SMALL GROUP TRAINING</b> Kiley 6:00-6:30p (A)	<b>TRX BOOTCAMP</b> Sarah 7:15 - 8:00p (FC)		
<b>SH'BAM</b> Michele 6:00 - 6:45p (A)		<b>THE RIDE</b> Maggie 6:00 - 6:45p (C)			
<b>TRX BOOTCAMP</b> Michele 7:00 - 7:45p (FC)					

- CARDIO
- DANCE
- MIND AND BODY
- STRENGTH
- FUNCTIONAL FITNESS (55+)
- WATER

LOCATIONS	FEES (Based on membership type)
(A) - Studio A (FC) - Fitness Center (LP) - Leisure Pool	Premier - Free Social - \$7
(B) - Studio B (SC) - Senior Center (SC) - Senior Center	Basic/Silver Sneaker® - \$3 Non-Member 18+ - \$20
(C) - Studio C (Gym) - Gymnasium	Healthy Lifestyle - \$5

# FUNCTIONAL FITNESS (55+) DROP-IN GROUP EXERCISE

Monday	Tuesday	Wednesday	Thursday	Friday
<b>SILVERSNEAKERS® CLASSIC</b> Tomi 10:00 - 10:45a (SC)	<b>FOREVER FIT DANCE</b> Veronica 11:15 - 12:00p (A)	<b>SILVERSNEAKERS® CLASSIC</b> Veronica 11:00a - 11:45a (Gym)	<b>FOREVER FIT INTERVALS</b> Viola 10:30 - 11:15a (A)	<b>SILVERSNEAKERS® CLASSIC</b> Tomi 10:00 - 10:45a (SC)
<b>FOREVER FIT INTERVALS</b> Veronica 11:15 - 12:00a (A)	<b>SILVERSNEAKERS® CLASSIC</b> Kimberly 11:00a - 11:45a (Gym)	<b>FOREVER FIT YOGA</b> Chellie 11:15a - 12:00p (B)	<b>SILVERSNEAKERS® CLASSIC</b> Kimberly 11:15a - 12:00p (B)	<b>FOREVER FIT YOGA</b> Beth 11:15a - 12:00p (B)
<b>SILVERSNEAKERS® CLASSIC</b> Veronica 12:30 - 1:15p (A)			<b>SILVERSNEAKERS® CLASSIC</b> Veronica 11:45a - 12:30p (A)	<b>FOREVER FIT INTERVALS</b> Maggie 12:15 - 1:00p (B)
				<b>SILVERSNEAKERS® CLASSIC</b> Viola 12:30 - 1:15p (A)

## VIRTUAL CYCLING CLASSES IN STUDIO CLASSES WITH VIRTUAL INSTRUCTION

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early AM		<b>SPRINT</b> 6:00 - 6:30a (C)		<b>SPRINT</b> 6:00 - 6:30a (C)		<b>RPM</b> 7:15 - 8:00a (C)	<b>SPRINT</b> 7:30 - 8:00a (C)
Morning		<b>SPRINT</b> 10:30 - 11:00a (C)		<b>SPRINT</b> 10:30 - 11:00a (C)		<b>RPM</b> 9:30 - 10:15a (C)	
Noon	<b>SPRINT</b> 12:00 - 12:30p (C)	<b>SPRINT</b> 11:30 - 12:00p (C)	<b>SPRINT</b> 12:00 - 12:30p (C)	<b>SPRINT</b> 11:30 - 12:00p (C)	<b>SPRINT</b> 12:00 - 12:30p (C)	<b>SPRINT</b> 12:00 - 12:30p (C)	<b>SPRINT</b> 12:00 - 12:30p (C)
Afternoon	<b>SPRINT</b> 4:00 - 4:30p (C)	<b>RPM</b> 4:30 - 5:15p (C)	<b>SPRINT</b> 4:00 - 4:30p (C)	<b>RPM</b> 4:30 - 5:15p (C)	<b>SPRINT</b> 4:00 - 4:30p (C)	<b>RPM</b> 3:00 - 3:45p (C)	<b>RPM</b> 3:00 - 3:45p (C)
Evening		<b>RPM</b> 6:00 - 6:45p (C)		<b>RPM</b> 6:00 - 6:45p (C)	<b>RPM</b> 6:00 - 6:45p (C)		
Late PM	<b>RPM</b> 7:30 - 8:15p (C)	<b>SPRINT</b> 7:30 - 8:00p (C)	<b>RPM</b> 7:30 - 8:15p (C)	<b>SPRINT</b> 7:30 - 8:00p (C)	<b>RPM</b> 7:30 - 8:15p (C)		

- CARDIO
- DANCE
- MIND AND BODY
- STRENGTH
- FUNCTIONAL FITNESS (55+)
- WATER

LOCATIONS	FEES (Based on membership type)
(A) - Studio A (FC) - Fitness Center (LP) - Leisure Pool	Premier - Free Social - \$7
(B) - Studio B (SC) - Senior Center (SC) - Senior Center	Basic/Silver Sneaker® - \$3 Non-Member 18+ - \$20
(C) - Studio C (Gym) - Gymnasium	Healthy Lifestyle - \$5