



MASON COMMUNITY CENTER

DROP-IN GROUP EXERCISE • 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
THE RIDE Heather 5:30 - 6:15a (C)	BODYPUMP Viola 5:30 - 6:30a (A)	THE RIDE Samantha 6:30 - 7:00a (C)	BODYPUMP Viola 5:30 - 6:30 (A)	THE RIDE Michele 5:30 - 6:15A (C)	BODYPUMP Shanna 8:00 - 9:00a (A)
GRIT Kathy 8:00 - 8:30a (A)	CARDIO, KICK, & CORE Amy 8:15 - 9:00a (A)	MUSCLE XPRESS Samantha 7:00 - 7:30p (C)	BARRE Amy 8:15 - 9:00a (A)	CARDIO INTERVALS Amy 8:00 - 8:45 (A)	THE RIDE Team 8:30 - 9:15a (C)
CARDIO INTERVALS Amy 8:15 - 9:00a (Gym)	THE RIDE INTERVALS Heather 8:15 - 9:30a (C)	GRIT Kathy 8:00 - 8:30a (A)	POWER VINYASA FLOW Kathy 8:30 - 9:30a (B)	SMALL GROUP TRAINING Kathy 8:00 - 8:45a (Gym)	BODYCOMBAT Shanna 9:15 - 10:00a (A)
LES MILLS CORE Connie 9:00-9:30a (A)	HATHA YOGA Teresa 8:45 - 9:45a (B)	SMALL GROUP TRAINING Amy 8:15 - 9:00a (Gym)	THE RIDE Amanda 8:30 - 9:15a (C)	THE RIDE Heather 8:30 - 9:15a (C)	VINYASA FLOW Dave 9:30 - 10:30a (B)
DEEP WATER Kimberly 9:00 - 9:45a (CP)	DEEP WATER Sandy 9:00 - 9:45a (CP)	BARRE Sarah E 9:00 - 9:45a (B)	MUSCLE XPRESS Amanda 9:15 - 9:45a (C)	LES MILLS CORE Ashley 9:00 - 9:30a (A)	LES MILLS CORE Michelle 10:15 - 10:45a (A)
HATHA YOGA Teresa 9:15 - 10:15a (B)	TONE XPRESS Sarah E 9:15 - 9:45a (A)	THE RIDE EXPRESS Kathy 9:00 - 9:30a (C)	BODYCOMBAT Kiley 9:15 - 10:00a (A)	PILATES Judie 9:00 - 9:45a (B)	GRIT Shanna 10:15 - 10:45a (Gym)
THE RIDE Amanda 9:30 - 10:15a (C)	TRX BOOTCAMP Amanda 9:15 - 10:15a (FC)	DEEP WATER Sandy 9:00 - 9:45a (CP)	TRX BOOTCAMP Sarah E 9:45 - 10:30a (FC)	DEEP WATER Kimberly 9:00 - 9:45a (CP)	YIN YOGA Dave 10:45 - 11:45a (B)
BODYPUMP Connie 9:45 - 10:45a (A)	HATHA YOGA Viola 10:00 - 10:45 (B)	BODYPUMP Heather 9:00 - 10:00 (A)	HATHA YOGA Chellie 9:45 - 10:45a (B)	TRX Samantha 9:45 - 10:30a (FC)	SH'BAM Sarah R 11:00 - 11:45a (A)
WATER IN MOTION Ashley 10:00 - 10:45a (LP)	CARDIO WATER FIT Sandy 10:00 - 10:45a (LP)	HATHA YOGA Chellie 10:00 - 11:00a (B)	CARDIO WATER FIT Samantha 10:00 - 10:45a (LP)	BODYPUMP Ashley 9:45 - 10:45a (A)	
SILVERSNEAKERS® Tomi 10:00 - 10:45a (SC)	SH'BAM Sarah E 10:00 - 10:45a (A)	CARDIO WATER FIT Samantha 10:00 - 10:45a (LP)	FOREVER FIT INTERVALS Viola 10:15 - 11:00a (A)	VINYASA FLOW Chellie 10:00 - 11:00a (B)	SUNDAY
VINYASA FLOW Amanda 10:30 - 11:00a (B)	PILATES Maggie 11:00 - 11:45a (B)	TRX Viola 10:15 - 11:00 (FC)	SILVERSNEAKERS® Kimberly 11:15a - 12:00p (B)	CARDIO WATER FIT Kimberly 10:00 - 10:45a (LP)	THE RIDE Maggie 9:15 - 10:15a (C)
FOREVER FIT INTERVALS Veronica 10:30 - 11:15a (Gym)	SILVERSNEAKERS® Kimberly 11:00 - 11:45a (Gym)	FOREVER FIT DANCE Veronica 10:15 - 11:00a (A)	SILVERSNEAKERS® Veronica 11:30a - 12:15p (A)	SILVERSNEAKERS® Tomi 10:00 - 10:45p (SC)	PILATES Maggie 10:30 - 11:15a (B)
TRX & PILATES Viola 10:45 - 11:45a (FC)	FOREVER FIT DANCE Veronica 11:00 - 11:45a (A)	SILVERSNEAKERS® Veronica 11:00 - 11:45 (Gym)	BODYPUMP Chrissy 5:00 - 5:45p (A)	FOREVER FIT INTERVALS Maggie 11:15a - 12:00p (B)	BODYPUMP Chrissy 4:00 - 5:00p (A)
TONE XPRESS Ashley 11:00 - 11:30a (A)	VINYASA FLOW Heidi 4:00 - 4:45p (B)	PILATES Viola 11:15a - 12:00p (A)	VINYASA FLOW Chellie 5:30 - 6:15p (B)	PILATES Viola 11:15a - 12:00p (A)	
SILVERSNEAKERS® Veronica 11:45a - 12:30p (A)	LES MILLS CORE Ashley 4:30 - 5:00p (A)	FOREVER FIT YOGA Chellie 11:15a - 12:00p (B)	SH'BAM Veronica 6:00 - 6:45p (A)	FOREVER FIT YOGA Teresa 12:15 - 1:00p (B)	
HATHA YOGA Chellie 4:00 - 5:00p (B)	YIN YOGA Heidi 5:00 - 6:00p (B)	HATHA YOGA Pooja 4:00 - 5:00p (B)	TONE Veronica 7:00 - 7:45p (A)	SILVERSNEAKERS® Viola 12:30 - 1:15p (A)	
LES MILLS CORE Michelle 5:15 - 5:45p (A)	BODYPUMP Ashley 5:15 - 6:15p (A)	BODYCOMBAT Kiley 5:00 - 5:45 (A)	BARRE Sarah R 7:00 - 7:45p (B)		
VINYASA YOGA Heidi 5:30 - 6:30p (B)	BODYBALANCE Chellie 6:30 - 7:15p (B)	VINYASA YOGA Dave 5:15 - 6:15p (B)	TRX BOOTCAMP Michelle 7:00 - 8:00p (FC)		
THE RIDE Samantha 6:00 - 6:45p (C)	TONE Kiley 6:30 - 7:15p (A)	THE RIDE Maggie 6:00 - 6:45p (C)			
SH'BAM Michele 6:00 - 6:45p (A)		TOTAL BODY SCULPT Judie 6:00 - 6:45p (A)			
BARRE Sarah R 7:00 - 7:45p (B)		BODYBALANCE Connie 6:30 - 7:30p (B)			
TRX BOOTCAMP Michele 7:00 - 7:45p (FC)		CARDIO INTERVALS Judie 7:00 - 7:30p (A)			

- CARDIO • STRENGTH
- 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 (B) - Studio B (SC) - Senior Center (AC) - Aquatic Center (C) - Studio C (FH) - Field House	Premier - Free Social - \$7 Basic/Silver Sneaker® - \$3 Non-Member 18+ - \$20 Healthy Lifestyle - \$5

UPDATED 9.09.22

FUNCTIONAL FITNESS (55+) DROP-IN GROUP EXERCISE

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

VIRTUAL CYCLING CLASSES IN STUDIO CLASSES WITH VIRTUAL INSTRUCTION

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Early AM		SPRINT 6:00 - 6:30a (C)	RPM 5:30 - 6:15a (C)	SPRINT 6:00 - 6:30a (C)		RPM 7:15 - 8:00a (C)	RPM 7:30 - 8:15a (C)
Morning		SPRINT 10:30 - 11:00a (C)		SPRINT 10:30 - 11:00a (C)		RPM 9:30 - 10:15a (C)	
Noon	SPRINT 12:00 - 12:30p (C)	SPRINT 11:30 - 12:00p (C)	SPRINT 12:00 - 12:30p (C)	SPRINT 11:30 - 12:00p (C)	SPRINT 12:00 - 12:30p (C)	SPRINT 12:00 - 12:30p (C)	SPRINT 12:00 - 12:30p (C)
Afternoon	RPM 3:00 - 3:45p (C)	RPM 3:00 - 3:45p (C)	RPM 3:00 - 3:45p (C)	RPM 3:00 - 3:45p (C)		RPM 2:00 - 2:45p (C)	RPM 3:00 - 3:45p (C)
	SPRINT 4:00 - 4:30p (C)	RPM 4:30 - 5:15p (C)	SPRINT 4:00 - 4:30p (C)	RPM 4:30 - 5:15p (C)	SPRINT 4:00 - 4:30p (C)	RPM 4:30 - 5:15p (C)	
Evening		RPM 6:15 - 7:00p (C)		RPM 6:00 - 6:45p (C)	RPM 6:00 - 6:45p (C)		
Late PM	RPM 7:30 - 8:15p (C)	SPRINT 7:30 - 8:00p (C)	RPM 7:30 - 8:15p (C)	SPRINT 7:30 - 8:00p (C)	RPM 7:30 - 8:15p (C)		

- CARDIO + STRENGTH
- 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 (AC) - Aquatic Center	Basic/Silver Sneaker® - \$3 Non-Member 18+ - \$20
(C) - Studio C (FH) - Field House	Healthy Lifestyle - \$5