



SCHEDULE

SEPTEMBER 14
THROUGH
DECEMBER 20

Class Will Not Meet On: 11/23 - 11/29

The MMAC is very excited to offer group fitness opportunities to the community again!

Group Fitness Unlimited is available as an add-on for MMAC Members and includes access to all group fitness classes.

Please note: group fitness classes are subject to cancellation at any given time.

REGISTRATION:

Group Fitness Class	MMAC Member	R/N/R Fee
Drop-ins	\$4	\$7/\$9
13-Week Session	\$39	\$73/\$92
Unlimited	FREE	FREE

WHAT TO BRING TO CLASS:

- Water bottle
- Mat
- Towels

MASKS:

The MMAC currently requires its visitors to wear a mask inside the facility while patrons are not exercising. Group fitness class participants are required to bring a mask to class for the safety of instructors and other class attendees.

Please note: Participants will not be required to wear masks while exercising.

DROP-INS:

Non-member, drop-in participants must arrive 15 minutes prior to the start of each session to fill out a waiver and information sheet.

QUESTIONS:

For more information, contact Katy McKinnon at kmckinnon@lombardparks.com or call (630) 519-5856.

	Time	Duration	Class	Location	Instructor	Code
MON	8:10 AM	45 min	Gentle AM Yoga	MMAC Gym 2	Marisa	306210-01
	9:00 AM	45 min	Outdoor Intervals	Outdoor	Marisa	306270-01
	9:50 AM	45 min	Essentials	MMAC Gym 2	Marisa	306234-01
	6:00 PM	55 min	Zumba *	MMAC Gym 2	Julie W.	306205-01
	6:10 PM	45 min	Barre*	MMAC Gym 1B	Marisa	306256-01
	7:00 PM	45 min	Yoga*	MMAC Gym 2	Marisa	306206-01
	7:45 PM	45 min	Zumba Step*	MMAC Gym 2	Cinthia	306252-01
TUE	5:30 AM	55 min	Boot Camp	MMAC Gym 2	John	306223-01
	10:00 AM	45 min	Zen	MMAC Gym 2	Julie K.	306244-01
	6:00 PM	45 min	Train with a Trainer	MMAC Gym 2	Lou Ann	306238-01
	6:10 PM	45 min	Cardio, Core & More*	MMAC Gym 1B	Marisa	306263-01
	7:00 PM	45 min	Essentials	MMAC Gym 2B	Marisa	306234-02
	7:00 PM	55 min	Kick/Sculpt/Core	MMAC Gym 2A	Cinthia	306201-01
	7:00 PM	55 min	Boot Camp*	MMAC Gym 2	John	306223-02
WED	8:10 AM	45 min	Simple Stretch	MMAC Gym 2	Marisa	306230-01
	9:00 AM	45 min	Barre	MMAC Gym 2	Marisa	306256-02
	9:50 AM	45 min	Outdoor Intervals	MMAC Gym 2	Marisa	306270-02
	6:00 PM	55 min	Circuit Training*	MMAC Gym 2	John	306224-01
	7:00 PM	55 min	Boot Camp*	MMAC Gym 2	John	306223-02
	5:30 AM	55 min	Boot Camp	MMAC Gym 2	John	306223-03
	8:30 AM	55 min	Muscle Up	MMAC Gym 2	Tom	306203-01
THU	10:00 AM	45 min	Yoga Lite	MMAC Gym 2	Julie K.	306300-01
	11:00 AM	45 min	AOA*	MMAC Gym 2	Lou Ann	306217-01
	3:30 PM	45 min	Kids Boot Camp (8-17)*	MMAC Gym 2	Marisa	306102-01
	4:20 PM	45 min	Cardio, Core & More*	MMAC Gym 2	Marisa	306263-02
	5:15 PM	55 min	Zumba	MMAC Gym 2	Julie W.	306205-02
	6:15 PM	45 min	Yoga	MMAC Gym 2	Mary Ann	306206-02
	8:10 AM	45 min	Outdoor Intervals	MMAC Gym 2	Marisa	306270-03
FRI	9:00 AM	45 min	Barre*	MMAC Gym 2	Marisa	306256-03
	9:50 AM	45 min	Outdoor Yoga	MMAC Gym 2	Marisa	306206-03
	7:15 AM	55 min	Boot Camp	MMAC Gym 2	John	306223-04
SAT	9:00 AM	55 min	Core Body Strength*	MMAC Gym 2	Lou Ann	306208-01
	10:00 AM	55 min	WERQ*	MMAC Gym 2	Amelia	306215-01
	9:00 AM	45 min	FIIT*	MMAC Gym 2	Tom	306260-01

*Please be advised that additional programming may be utilizing another part of the gym while this class is in session.

