



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 |

| | 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 |
| | 4:00 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 |
| | 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 | Simple Stretch | 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.

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.

