

GROUP FITNESS CLASS SCHEDULE

| | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|------------------------|---|--|---|---|---|--|---|--|
| Day Classes | | | | "FUN"ctional WEIGHT Training with Tammy (9-10am) | Gentle Yoga Basic Level 1 with Sherri (9-10am) | Fitness Walking Group with Judy (8:30-9:30am) | Yoga 1 and 2 with Sherri (9:15-10:15am) | |
| | | | Gentle Yoga Basic Level 1 with Dolian (10-11am) | Community Hatha Yoga* with Elaine (10:15-11:15am) | | Cardio Circuit with Katrina (9:15-10:15am) | | Cardio/Core and More! with May (8:30-9:30am) |
| | Zumba with Christina C. (10:30-11:30am) | | | | | Community Zumba* with Christina C. (10:30-11:30am) | | BombayJAM! With Pria (10-11AM) |
| Evening Classes | SPIN with May (5:30-6:30pm) | | | | | | | |
| | Yoga 1 and 2 with Dolian (6:30-7:30pm) | Zumba with Pat (6:15-7:15pm) | P90X Live with May (6:00-7:00pm) | Pilates HIIT with Penny (6-7pm) | | | | |
| | | WARM Yoga 2 with Dolian (7:30 - 8:30p) | Zumba with Christina C. (7:15-8:15pm) | Yoga 1 and 2 with Nabeel (7:15 - 8:15pm) | BombayJAM! With Percy 1st, 3rd, 5th and with Tanvi 2nd, 4th Friday of the month (6:30 - 7:30pm) | | | |

****Note - Classes may change each month based on membership interests and attendance. Sign-in at each class is required. Please be sure to check the current month's schedule on our website at www.missionhillsathleticclub.com.**

***** Community Zumba and Yoga classes are open to all members and their guests without a fee.**