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<td>KARIN</td>
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### GENTLE YOGA

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### BASIC GROUP FITNESS RULES

- Children under age 12 are **not allowed** to participate in Group POWER, Group ACTIVE, or Group CORE.
- If supervised by parent, members’ children ages 8-14 are welcome to take Group FIGHT, Group CENTERGY, Group BLAST, Group GROOVE, INSANITY & Aqua classes (please participate in the back of the class for safety, front desk sign-in required).
- Help keep our gym clean! ONLY Athletic shoes in the group fitness rooms.
- Please be on time.

### LOOKING FOR GROUP RIDE, R30, OR YOGA?

Check out the new RIDE Room & Yoga Studio schedules.

### SCHEDULE EFFECTIVE AS OF JANUARY 6, 2020

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**All classes are 60 minutes unless noted otherwise in parentheses.**

*Held in the upstairs yoga studio. Sign-in at the front desk required no more than 30 minutes before class.*

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**Hours of Operation**

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<th>Days</th>
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<tr>
<td>MON-FRI</td>
<td>5am–9pm</td>
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<tr>
<td>SAT</td>
<td>5am–5pm</td>
</tr>
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<td>SUN</td>
<td>7am–5pm</td>
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978-630-9212 | mwcc.edu/fitness | 📱 ⏰ ⚪️
GROUP FITNESS CLASS DESCRIPTIONS

GENTLE YOGA
Gentle Yoga is designed to increase the fitness level of any age. Gentle Yoga includes yoga poses and methods that will allow you to increase muscular strength, endurance, flexibility, and increase stamina, lung capacity and overall wellness. Chair support is offered.

HATHA YOGA
A well-rounded practice moving at a moderate pace to allow for a fuller expression of each posture (asana). This practice includes breathing deeply into each posture, connecting breath with various movements, & releasing tension held in our muscles & connective tissues. The ultimate goal is to feel more open, clear, & balanced & reconnect with our body, mind, & spirit. *Sign-in at the front desk required no more than 30 minutes before class. Held in upstairs yoga studio.

TAI CHI
Meditation through movement patterns which involve no impact or physical contact. You will be guided through flowing motions in a controlled movement to provide challenging ways to increase strength & endurance without risk.

HIIT FUSION X PRESS
This is a high intensity interval training program designed to test your limits and push you beyond them. It combines plyometrics, strength training, speed and has a whole round dedicated to working your core! This class works with bodyweight training and optional dumbbells use at times.

SILVERSNEAKERS® CLASSIC
Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand held weights, elastic tubing with handles and a SilverSneakers® ball are provided.

LET'S DANCE
Let's Dance is based on easy-to-follow dance moves and steps. We will dance in training which will alternate fast and slow rhythms. It's just a dance party! The good news is you can go at your own pace and anyone is invited to come!

20/20/20
Here’s the class you’ve been looking for! This class will give you 20 minutes of cardio, 20 minutes of strength training, and 20 minutes of core conditioning. All fitness levels are welcome!

ZUMBA®
Take the “work” out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Let the Latin and World rhythms take over during this effective and fun “exercise in disguise”.

BEGINNER BALLET
An introduction to ballet with development of ballet concepts including turn out, coordination, spatial awareness. Class will focus on basic ballet technique, proper body alignment, French terminology and musicality.

GROUP ACTIVE®
Feeling fitter, stronger and more alive has never been more achievable or more enjoyable! Incorporating all elements of fitness, Group Active will increase your cardio fitness, build your strength and improve your balance and flexibility. All in a supportive group environment, with motivating music and caring instructors. Get more out of life, get Active!

GROUP CENTERGY®
Redefine yourself with Group Centergy. Grow longer and stronger as you explore this 60 minute journey of yoga and pilates movements. Positive uplifting music, group dynamics and supportive instructors will enable you to center your energy, reduce stress and even smile. Discover Group Centergy!

GROUP CORE®
Let’s get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, will help prevent back pain with integrated exercises using your body weight, weight plates, a towel and a platform -- all to challenge you like never before. Reach your peak with Group Core!

GROUP FIGHT®
Group Fight brings it on! This electric 60 minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence! Energetic music, awesome instructors and a group environment will keep you punching, kicking and smiling! Group Fight will knock you out!

GROUP GROOVE®
If you can move, you can Groove. You’ll stomp, flick, wiggle, hip, hop, snap, shimmy, shake, glide, smile and laugh your way through this 60 minute fitness dance program. Experience a fusion of club, urban and Latin dance styles with motivating chart topping hits and retro classic tunes. Supportive, funky, easy going instructors help you get a move on with Group Groove!

GROUP POWER®
Group Power is your hour of power! This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

GROUP RIDE®
Everyone finishes first in Group Ride! Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 50 minute cycling program is geared for anyone that can ride a bike. Motivating music, awesome instructors and an inspiring group environment lets you Ride on! *Sign-in at the front desk required no more than 30 minutes before class. Held in upstairs RIDE room.

R30®
Get fit in only 30 minutes with R30 It’s as easy as riding a bike, and in R30, riding a bike has never been better! Burn calories, improve muscular endurance, and build cardio fitness as you ride with surges, short intervals, power, and end with a rush. In R30 everyone finishes first!

*Sign-in at the front desk required no more than 30 minutes before class. Held in upstairs RIDE room.