



# GROUP FITNESS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING CLASSES

5:15 - MICHELLE <b>GROUP RIDE</b> 3rd Bay	5:15 - JEN <b>GROUP POWER</b> 1st Bay	5:15 - MICHELLE <b>GROUP RIDE</b> 3rd Bay	5:15 - ELIZABETH <b>GROUP POWER</b> 1st Bay	5:15 - KARIN C. <b>GROUP RIDE</b> 3rd Bay	7:15 - DIANE <b>GROUP POWER</b> 1st Bay	7:30 - MEL <b>GROUP ACTIVE</b> 1st Bay
8:00 - LORI <b>YOGA</b> 1st Bay	8:00 - KARIN B. <b>GROUP RIDE</b> 3rd Bay	8:00 - JEN <b>YOGA</b> 1st Bay	8:00 - LORI <b>GROUP RIDE</b> 3rd Bay	8:00 - PAULA <b>20/20/20</b> 1st Bay	8:00 - LORI <b>YOGA</b> Studio (Masks Required)	9:00 - KARIN C. <b>GROUP POWER</b> 1st Bay
9:30 - CHRISTA <b>GROUP ACTIVE</b> 1st Bay	9:00 - KAREN B. <b>LET'S DANCE</b> Studio (Masks Required)	9:30 - CHRISTA <b>GROUP FIGHT</b> 1st Bay	9:30 - JEN <b>GROUP POWER</b> 1st Bay	9:30 - NIKKI <b>GROUP GROOVE</b> 1st Bay	8:15 - SHERRY <b>GROUP RIDE</b> 3rd Bay	10:30 - KARIN C. <b>GROUP CENTERGY</b> 1st Bay
11:00 - LORI <b>SILVER SNEAKERS</b> 1st Bay	9:30 - CHRISTA <b>GROUP POWER</b> 1st Bay	11:00 - PAULA <b>SILVER SNEAKERS</b> 1st Bay	11:00 - MINDY <b>GROUP CENTERGY</b> 1st Bay	11:00 - NOELLA <b>SILVER SNEAKERS</b> 1st Bay	9:15 - OLIVIA <b>GROUP FIGHT</b> 1st Bay	
	11:00 - DIANE <b>GROUP CENTERGY</b> 1st Bay				10:45 - KARIN C <b>GROUP ACTIVE</b> 1st Bay	

AFTERNOON CLASSES

4:30 - NOELLA <b>GROUP FIGHT</b> 1st Bay	1:15 - NOELLA <b>SILVER SNEAKERS</b> 1st Bay	4:30 - JESS <b>GROUP POWER</b> 1st Bay	1:15 - LORI <b>SILVER SNEAKERS</b> 1st Bay	4:30 - LORI <b>GROUP CENTERGY</b> 1st Bay
5:30 - KARIN B. <b>GROUP RIDE</b> 3rd Bay	4:30 - PAULA B <b>YOGA</b> Studio (Masks Required)	6:00 - CHRISTA <b>GROUP GROOVE</b> 1st Bay	4:30 - OLIVIA <b>GROUP FIGHT</b> 1st Bay	<p><b>VIRTUAL CLASSES:</b></p> <p>We are now offering Virtual Classes through Zoom! See virtual schedule for classes and how to register.</p>
6:30 - OLIVIA <b>GROUP GROOVE</b> 1st Bay	4:30 - SHERRY <b>GROUP RIDE</b> 3rd Bay	7:30 - DIANE <b>GROUP CENTERGY</b> 1st Bay	5:30 - NOELLA <b>GROUP RIDE</b> 3rd Bay	
8:00 - VICTORIA <b>GROUP CENTERGY</b> 1st Bay	5:30 - JESS <b>GROUP FIGHT</b> 1st Bay		6:30 - CHRISTY <b>GROUP POWER</b> 1st Bay	
	7:00 - CHRISTY <b>GROUP POWER</b> 1st Bay			

Schedule effective as of October 19th 2020

**IMPORTANT SIGN UP & GYM INFORMATION**

Preregistration will be required for all classes.  
 Register Online: [10468.ezfacility.com](https://10468.ezfacility.com), Memberme+ app or call  
 \*see email for instructions or call for more information

**Class Sizes:**  
 17 People Max in each class in the 1st bay  
 20 people max in 3rd bay (Group Ride)  
 Classes are spaced out 30 minutes to disinfect equipment and area

Masks must be worn in and out of the building. Once you have reached your respected spot on the gym floor you can remove your mask (each spot is 14ft apart)

Members are required to bring their own mats  
 Please sanitize equipment before & after use

If you are not feeling well or if someone in your household is sick please stay home!

978-630-9212 | [mwcc.edu/fitness](http://mwcc.edu/fitness)  
 Weekday Hours: 5am-12pm 1pm-9pm | Weekend Hours: 7am-3:30pm

All Classes are 60 minutes and will be held in the 1st bay, 3rd bay, studio (with masks) or virtually. Please follow all gym protocols before and after classes.



# VIRTUAL CLASS SCHEDULE

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

MORNING VIRTUAL CLASSES

		5:15 - PAULA G GROUP FIGHT ZOOM			8:00 - LORI YOGA ZOOM	
	9:00 - KAREN B. LET'S DANCE ZOOM					

AFTERNOON VIRTUAL CLASSES

4:30 - MEL GROUP ACTIVE ZOOM	4:30 - PAULA B YOGA ZOOM	5:15 - CHRISTA GROUP CORE ZOOM	5:30 - JESS HIIT ZOOM	5:30 - NOELLA GROUP GROOVE ZOOM		
5:45 - ELIZABETH GROUP POWER ZOOM	7:00 - LORI GROUP CENTERGY ZOOM	6:30 - NOELLA GROUP FIGHT ZOOM	7:00 - VICTORIA/MINDY GROUP CENTERGY ZOOM			

Schedule effective as of October 19th 2020

HOW TO SIGN UP FOR VIRTUAL CLASSES THROUGH THE APP

Preregistration will be required for all virtual classes to gain access.

1. Register through the MemberMe+ App
2. Select the virtual class you would like to attend
3. Once confirmed you will receive an email with a link before the class starts

**Note:** You have to be a member to participate in any virtual classes.

Keep in mind some classes will be held live from the studio or from instructors homes.

Have questions? Contact the front desk for more information.



Make sure to follow us on our Members Only Facebook page for the latest updates, schedule changes and more!