

MACC Weekly Fitness Schedule

<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
<p><u>Open Volleyball</u> 1-3pm (West Gym)</p> <p><u>Tae Kwon Do</u> Beginner 1:30-2:30pm Advanced 1:30-3pm RAY</p>	<p><u>Pinochle</u> 12pm</p> <p><u>Silver Sneakers</u> 1pm-2pm TAMI</p> <p><u>Boot Camp</u> 5:15-5:45pm AMY</p> <p><u>Bingo</u> 6-8pm</p> <p><u>Cornhole</u> 6-8pm</p>	<p><u>Zumba Gold</u> 8:45-9:30am BECKY</p> <p><u>Silver Sneakers</u> 10-11am BECKY</p> <p><u>Cycling</u> 6-7pm BECKY</p> <p><u>Open Basketball</u> 6-9pm</p>	<p><u>Kickboxing</u> 6-7pm DOREEN</p> <p><u>Sculpting & Toning</u> 6-7pm</p> <p><u>Yoga</u> 7-8pm JILL</p> <p><u>Open Soccer</u> 7-9pm</p>	<p><u>Zumba Gold</u> 8:45-9:30am BECKY</p> <p><u>Silver Sneakers</u> 10-11am BECKY</p> <p><u>R.I.P.P.E.D.</u> 6-7pm DOLCEY</p> <p><u>Open Basketball</u> 7-9pm</p>	<p><u>Cardio Circuit</u> 9-10am BETH</p> <p><u>Core Strengthening</u> 10-11am BETH</p>	<p><u>Tae Kwon Do</u> Beginner 12pm-1pm Advanced 12pm-1:30pm RAY</p>

Remember to 'LIKE' us on Facebook for updates or changes!



Or call **570-658-2276**

