

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>Tae Kwon Do</u> 2:30-3:30pm 3:30-5pm</p> | <p><u>Zumba Gold</u> 8-8:45am</p> <p><u>Silver Sneakers</u> 9-10am</p> <p><u>Strut-n-Stroll</u> 10:15-11:15am</p> <p><u>Boot Camp</u> 5:15-5:45pm</p> <p><u>Zumba</u> 6-7pm</p> <p><u>Bingo</u> 6-8pm</p> <p><u>Yoga</u> 7-8pm</p> | <p><u>Morning Crunch</u> 6am-6:30am</p> <p><u>Silver Sneakers</u> 10-11am</p> <p><u>Cycling</u> 6-7pm</p> <p><u>Open Basketball</u> 6-9pm</p> | <p><u>Zumba Gold</u> 8-8:45am</p> <p><u>Zumba</u> 5pm-6pm</p> <p><u>Body Sculpting & Toning</u> 6-7pm</p> <p><u>Kickboxing</u> 6-7pm</p> <p><u>Yoga</u> 7-8pm</p> | <p><u>Zumba Gold</u> 8-8:45am</p> <p><u>Silver Sneakers</u> 10-11am</p> <p><u>Zumba</u> 5-6pm</p> <p><u>R.I.P.P.E.D.</u> 6-7pm</p> | <p><u>Cardio Circuit</u> 9-10am</p> <p><u>Strut-n-Stroll</u> 10:15-11:15am</p> | <p><u>Total Body Circuit</u> 8:30am</p> <p><u>Tae Kwon Do</u> 2:30-3:30pm 3:30-5pm</p> |

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



Or call **570-658-2276**

