

MINERALS
SPORTS CLUB

JULY FITNESS CLASSES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RAGE SPRINT 6:00am — Diane — GS 45 MINUTES MY DAILY PRACTICE 🌿 7:00am — Karen — S1 BUTT + GUT 8:30am — Betty — FW AQUA FIT {NEW} 9:30am — Stephanie — INP THE CUT 9:15am — Betty — FW 45 MINUTES ABS CUT 10:00am — Betty — FW 15 MINUTES SILVER MOVES 11:00am — Caitlin — S1 ROCK CLIMBING 5:00pm — HW 1 HOUR SPIN 5:15pm — Carolyn — GS AQUA FIT 5:15pm — Saeideh — INP MINDFUL MONDAY 🌿 6:00pm — Elaine — S1 BEGINNER LINE DANCING {NEW DAY + TIME} JULY 6 + 20 7:15pm — Debbie — S1 INTER./ADV. LINE DANCING {NEW DAY + TIME} JULY 6 + 20 8:15pm — Debbie — S1	MY DAILY PRACTICE 🌿 6:30am — Karen — S1 RAGE POWER 6:00am — Diane — GS 45 MINUTES GRIT STRENGTH 6:45am — Nancy — FW CORE FOUNDATION 8:30am — Betty — FW PROGRESSIVE STRENGTH 9:30am — Betty — FW YOGA POWER FLOW 🌿 9:45am — Caitlin — S1 BARBELL BASIC FOUNDATION 11:15am — Saeideh — FW ROCK CLIMBING 5:00pm — HW 1 HOUR SCULPT WORX 5:00pm — Barbara — FW ZUMBA 6:00pm — William — FW YOGA + SOUND MEDITATION 🌿 7:00pm — Daniel — S1	GENTLE YOGA WITH MEDITATION 🌿 7:00am — Karen — S1 BEYOND BARRE 8:15am — Elaine — FW HEALING YOGA FOR MIND + BODY 🌿 9:15am — Elaine — S1 BODY SHOCK 9:15am — Betty — FW AQUA ZUMBA {NEW} 9:30am — Vincent — INP LOW IMPACT CARDIO 11:15am — Saeideh — FW MATWORX 4:45pm — Caitlin — FW ROCK CLIMBING 5:00pm — HW {1 HOUR} SPIN 5:00pm — Nancy — GS BARRE STRETCH 5:15pm — Saeideh — S1 CIRCUIT 6:00pm — Nancy — FW GRIT STRENGTH 6:30pm — Nancy — FW YOGA + SOUND MEDITATION 🌿 7:00pm — Daniel — S1	RAGE RHYTHM 6:00am — Diane — GS 45 MINUTES TRANSFORMATIONAL BREATHWORK 🌿 7:00am — Ananda — S1 AERIAL YOGA 🌿 7:00am — Terra — FW STRENGTH + STAMINA 9:15am — Mackenzie — FW YOGA FOUNDATION 🌿 9:15am — Daniel — S1 AQUA FIT 10:30am — Stephanie — INP SILVER MOVES 10:30am — Mackenzie — S1 BALANCE + FLEX 11:15am — Saeideh — S1 ROCK CLIMBING 5:00pm — HW 1 HOUR MAT WORX 5:15pm — Caitlin — FW AQUA CARDIO 5:15pm — Saeideh — INP ZUMBA 6:00pm — William — FW RELEASE + RESTORE 🌿 6:30pm — Caitlin — S1	SPIN 6:15am — Nancy — GS 30 MINUTES GRIT STRENGTH 6:45am — Nancy — FW MY DAILY PRACTICE 🌿 8:00am — Elaine — S1 BOOTY BARRE 8:30am — Betty — FW 30 MINUTES DRENCHED 9:15am — Betty — FW SPIN 9:15am — Barbara — GS AQUA CARDIO CIRCUITS 9:30am — Betty J. — INP BETTER BALANCE 11:15am — Saeideh — FW ROCK CLIMBING 5:00pm — HW 1 HOUR	SPIN 7:30am — Nancy — GS GRIT CARDIO 8:30am — Nancy — FW 45 MINUTES FIRE + FLOW 🌿 9:00am — Elaine — S1 BODY PUMP 9:15am — Nancy — FW BUNGEE FLOW JULY 4, 11 + 25 10:30am — Lorin — FW ROCK CLIMBING 5:00pm — HW 1 HOUR	SPIN 7:30am — Nancy — GS RELEASE + RESTORE 🌿 8:00am — Nav — S1 BUTT + GUT 8:15am — Nancy — FW 30 MINUTES BODY PUMP EXPRESS 8:45am — Nancy — FW 45 MINUTES
FOLLOW US  @mineralssportsclub #MSCStrong #MSCMoreThanAGym MineralsSportsClub.com						events MEMBER MIXER July 30th 7:00pm
CLASS LOCATION KEY: The Foundry: F Yoga Studio 1: S1 The Gristmill Spin Room: GS Fit Works Studio: FW						Wellness: 🌿 The High Wall: HW Indoor Pool: INP