

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

CLASS LOCATION KEY:
The Foundry: **F** The Gristmill Spin Room: **GS**
Yoga Studio 1: **S1** Fit Works Studio: **FW**

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

FOLLOW US
f 📷
@mineralssportsclub
#MSCStrong
#MSCMoreThanAGym
MineralsSportsClub.com

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

events MEMBER MIXER
July 16th
7:00pm

Scan for Class Descriptions 

Wellness: 🌿
The High Wall: **HW**
Indoor Pool: **INP**