

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
RAGE SPRINT 45 MINUTES 6:00am — Diane — GS MY DAILY PRACTICE 🌿 7:00am — Karen — S1 BUTT + GUT 8:30am — Betty — FW AQUA CIRCUIT 9:30am — April — INP THE CUT 45 MINUTES 9:15am — Betty — FW ABS CUT 15 MINUTES 10:00am — Betty — FW SILVER MOVES 11:00am — Caitlin — S1 ROCK CLIMBING 1 HOUR 5:00pm — HW SPIN 5:00pm — Nancy — GS AQUA FIT 5:15pm — Saeideh — INP MINDFUL MONDAY 🌿 6:00pm — Elaine — S1 CARDIO BLAST 30 MINUTES 6:00pm — Nancy — FW GRIT STRENGTH + ATHLETIC 1 HOUR 6:30pm — Nancy — FW BEGINNER LINE DANCING OCTOBER 5 + 19 7:15pm — Debbie — S1 INTER./ADV. LINE DANCING OCTOBER 5 + 19 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 AQUA FIT 9:30am — Stephanie — INP PROGRESSIVE STRENGTH 9:30am — Betty — FW YOGA POWER FLOW 🌿 9:45am — Caitlin — S1 NEW! BARBELL FOUNDATION 11:15am — Sahediah — 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 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 — April — 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 WET YOGA 5:30pm — Michelle — INP ZUMBA 6:00pm — William — FW RELEASE + RESTORE 🌿 6:30pm — Caitlin — S1	NEW TIME! SPIN 6:00am — 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 NEW! RAGE AFTER DARK SPIN 6:00pm — Diane — GS 60 MINUTES	SPIN 7:30am — Nancy — GS GRIT CARDIO 8:30am — Nancy — FW 30 MINUTES FIRE + FLOW 🌿 9:00am — Elaine — S1 STRENGTH + ATHLETIC 9:00am — Nancy — FW 1 HOUR BUNGEE FLOW OCTOBER 3, 17 + 31 10:30am — Lorin — FW ROCK CLIMBING 5:00pm — HW 1 HOUR FOLLOW US  @mineralssportsclub #MSCStrong #MSCMoreThanAGym MineralsSportsClub.com	SPIN 7:30am — Nancy — GS RELEASE + RESTORE 🌿 8:00am — Nav — S1 BUTT + GUT 8:30am — Nancy — FW 30 MINUTES BODY PUMP EXPRESS 9:00am — Nancy — FW 45 MINUTES — events — MEMBER MIXER October 15 7:00pm Scan for Class Descriptions 
CLASS LOCATION KEY: The Foundry: F The Gristmill Spin Room: GS Yoga Studio 1: S1 Fit Works Studio: FW					Wellness: 🌿 The High Wall: HW Indoor Pool: INP	