

# MINERALS SPORTS CLUB

# APRIL FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p><b>BOOTY CAMP</b> 8:30am — WENDY</p> <p><b>BOX FITNESS &amp; ABS</b> 9:15am — WENDY</p> <p><b>SPIN</b> 5:00pm — NANCY</p> <p><b>GRIT TABATA</b> 6:00pm — NANCY</p> <p><b>BODY PUMP</b> 7:00pm — NANCY</p>	<p><b>BODY PUMP</b> 8:00am — WENDY</p> <p><b>SPIN</b> 9:15am — BARBARA</p> <p><b>AQUA FIT</b> 11:00am — APRIL</p> <p><b>TABATA BOOT CAMP</b> 5:00pm — BARBARA</p> <p><b>ZUMBA</b> 6:00pm — WILLIAM</p>	<p><b>BOOTY CAMP</b> 8:30am — ELAINE</p> <p><b>BODY SHOCK</b> 9:15am — WENDY</p> <p><b>BARRE</b> [STUDIO 1] 9:15am — ELAINE</p> <p><b>ZUMBA</b> 10:30am — CARINA</p> <p><small>PLEASE NOTE: Wednesday evening classes are 45 mins.</small></p> <p><b>SPIN</b> 4:45pm — NANCY</p> <p><b>BUTT &amp; GUTT</b> 5:30pm — NANCY</p> <p><b>YOGA</b> [STUDIO 1] 6:00pm — ELAINE</p> <p><b>GRIT TABATA</b> 6:15pm — NANCY</p> <p><b>RIP IT UP</b> 7:00pm — NANCY</p>	<p><b>BODY PUMP</b> 8:00am — WENDY</p> <p><b>STRETCH &amp; FLEX</b> 9:00am — WENDY</p> <p><b>AQUA CIRCUIT</b> 11:00am — APRIL</p> <p><b>ZUMBA</b> 6:00pm — WILLIAM</p> <p><b>BODY PUMP</b> 7:00pm — SALLY</p>



FRIDAY	SATURDAY	SUNDAY
<p><b>MORNING YOGA</b> 8:00am — ELAINE</p> <p><b>DRENCHED</b> 9:15am — BETTY</p> <p><b>CARDIO SCULPT</b> 10:15am — BARBARA</p>	<p><b>SPIN</b> 7:30am — NANCY</p> <p><b>GRIT TABATA</b> 8:30am — NANCY [45 MINS]</p> <p><b>YOGA FLOW</b> 9:00am — ELAINE</p> <p><b>BODY PUMP</b> 9:15am — NANCY</p>	<p><b>SPIN</b> 7:30am — NANCY</p> <p><b>CARDIO SCULPT PARTY</b> 8:30am — NANCY</p> <p><b>BUTT &amp; GUT</b> 9:30am — NANCY [45 MINS]</p>

**FOLLOW US**

## WELCOME TO MSC — PLEASE NOTE:

- CHECK IN AT MEMBER SERVICES & WITH CLASS INSTRUCTOR
- PLEASE WEAR YOUR WRISTBAND
- A MASK MUST BE WORN AT ALL TIMES WHEN INDOORS
- MAINTAIN 6' SOCIAL DISTANCING

- HELP MAINTAIN THE CLEAN CLUB
- PLEASE BRING YOUR OWN, TOWEL, WEIGHTS & YOGA MAT
- YOU CAN JOIN OUR CLASSES ON VIMEO!
- SIGN UP FOR TEXTING SERVICE: INFO@CSRESORT.COM