

JANUARY FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BOOTY CAMP 8:30am — BETTY</p> <p>BOX FITNESS & ABS 9:15am — BETTY</p> <p>SPIN 5:00pm — NANCY</p> <p>GRIT TABATA 6:00pm — NANCY</p> <p>BODY PUMP 7:00pm — NANCY</p>	<p>SPIN 9:15am — BARBARA</p> <p>FIT FOR LIFE 10:15am — WENDY</p> <p>TABATA BOOT CAMP 5:00pm — BARBARA</p> <p>ZUMBA 6:00pm — WILLIAM</p>	<p>BOOTY CAMP 8:30am — ELAINE</p> <p>BODY SHOCK 9:15am — BETTY</p> <p>BARRE [STUDIO 1] 9:15am — ELAINE</p> <p><small>PLEASE NOTE: Evening classes are 45 minutes on Wednesday</small></p> <p>SPIN 4:45pm — NANCY</p> <p>BUTT & GUTT 5:30pm — NANCY</p> <p>YOGA [STUDIO 1] 6:00pm — ELAINE</p> <p>GRIT TABATA 6:15pm — NANCY</p> <p>RIP IT UP 7:00pm — NANCY [45 MINS]</p>	<p>STRETCH & FLEX 9:00am — BETTY</p> <p>ZUMBA 6:00pm — WILLIAM</p> <p>BODY PUMP 7:00pm — SALLY</p>
			<p>NEW YEARS DAY SPECIAL CLASSES!</p> <p>CYCLE 8:00am NANCY</p> <p>GRIT EXTREME 9:00am NANCY</p>
FRIDAY	SATURDAY	SUNDAY	
<p>MORNING YOGA 8:00am — ELAINE</p> <p>DRENCHED 9:15am — BETTY</p> <p>CARDIO SCULPT 10:15am — BARBARA</p>	<p>SPIN 7:30am — NANCY</p> <p>GRIT TABATA 8:30am — NANCY [45 MINS]</p> <p>YOGA FLOW 9:00am — ELAINE</p> <p>BODY PUMP 9:15am — NANCY</p>	<p>SPIN 7:30am — NANCY</p> <p>STRONG 8:30am — NANCY</p> <p>BUTT & GUT 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