

MINERALS SPORTS CLUB

SEPTEMBER FITNESS SCHEDULE

SEPTEMBER 8-30, 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>BOOTY CAMP 8:15am — BETTY</p> <p>BOX FITNESS & ABS 9:00am — BETTY</p> <p>SPIN EXPRESS 5:00pm — NANCY</p> <p>GRIT TABATA 6:00pm — NANCY</p> <p>BODY PUMP 7:00pm — NANCY</p>	<p>BODY PUMP 9:15am — WENDY</p> <p>CARDIO SCULPT 10:15am — BARBARA</p> <p>TABATA BOOT CAMP 5:00pm — BARBARA</p> <p>ZUMBA 6:00pm — WILLIAM</p>	<p>BOOTY CAMP 8:15am — BETTY</p> <p>BODY SHOCK 9:00am — BETTY</p> <p>BUTT & GUTT 5:00pm — NANCY</p> <p>GRIT TABATA 6:00pm — NANCY</p> <p>BODY PUMP 7:00pm — NANCY</p>	<p>STRETCH & FLEX 8:00am — BETTY</p> <p>BODY PUMP 9:00am — BETTY</p> <p>ZUMBA 6:00pm — WILLIAM</p> <p>BODY PUMP 7:00pm — SALLY</p>
FRIDAY	SATURDAY	SUNDAY	
<p>DRENCHED 9:00am — BETTY</p> <p>CARDIO SCULPT 10:00am — BARBARA</p>	<p>SPIN 7:00am — NANCY</p> <p>GRIT 8:00am — NANCY</p> <p>BODY PUMP 9:00am — NANCY</p> <p>ZUMBA 10:00am — WILLIAM</p> <p>YOGA 11:00am — OKSANA</p>	<p>SPIN 7:00am — NANCY</p> <p>STRONG 8:00am — NANCY</p> <p>BUTT & GUT 9:00am — NANCY</p> <p>BODY PUMP 10:00am — WENDY</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

ALL CLASSES ARE LOCATED IN SWEETGRASS PAVILLION OR ON THE FIELD.

#MSCStrong | MineralsSportsClub.com