

MRC Fitness Class Schedule

MONDAY

5:30am - 6:30am
High Definition

9:00am - 9:45am
Senior Power

10:00am - 10:45am
Girl Power

4:15pm - 5:00pm
Elevation

5:30pm - 6:15pm
Night Flow Yoga

6:15pm - 6:45 pm
Shine Fitness

TUESDAY

5:30am - 6:15am
Sunrise Fitness

6:30pm - 7:00pm
Tone & Sculpt

5:30am - 6:15am
HIIT/POUND

7:00pm - 8:00pm
Tae Kwon Do

8:15am - 9:00am
Yoga Chair

9:15am - 10:00am
Slow Flow Yoga

4:00pm - 4:45pm
SHINE Fitness

4:15pm - 5:00pm
Senior Strength

6:00pm - 6:30pm
Throwback Aerobics

WEDNESDAY

5:30am - 6:30am
High Definition

9:00am - 9:45am
Senior Power

10:00am - 10:45am
Girl Power

4:15pm - 5:00pm
Elevation

5:30pm - 6:15pm
Night Flow Yoga

6:15pm - 6:45 pm
Shine Fitness

MRC Fitness Class Schedule

THURSDAY

5:30am - 6:15am
Sunrise Fitness

6:30pm - 7:00pm
Tone & Sculpt

5:30am - 6:15am
HIIT/POUND

7:00pm - 8:00pm
Tae Kwon Do

8:15am - 9:00am
Yoga Chair

9:15am - 10:00am
Slow Flow Yoga

10:00am - 10:45am
Girl Power

4:15pm - 5:00pm
Senior Strength

6:00pm - 6:30pm
Throwback Aerobics

FRIDAY

5:30am - 6:30am
High Definition

SATURDAY

9:00am - 9:30am
Shine Fitness