

Giving Week

Classes FREE to members & non-members ages 14+
with a non-perishable food item or personal care item
donation to the Mansfield Food Pantry

Monday, December 23	Tuesday, December 24	Wednesday, December 25	Thursday, December 26	Friday, December 27	Saturday, December 28	Sunday, December 29
8:45-9:45 am Salsa Fit w/ Kelly	10:35-11:20 am Aqua Therapy w/ Dorinda	MCC Closed	10:35-11:20 am Aqua Therapy w/ Dorinda	12:15-12:45 pm Kettlebells w/ Jess *gym		8:30-9:30 am Sunrise Yoga w/ Tami
10-10:45 am Water Fitness w/ Keri	Close at 5 pm					

Schedules subject to change – 12/18/19



Mini Session

Classes FREE to members ages 14+

Non-members pay day use fee and may attend as many classes as they would like that day.

Monday, December 30, 2019	Tuesday, December 31	Wednesday, January 1	Thursday, January 2	Friday, January 3	Saturday, January 4	Sunday, January 5
8:45-9:45 am Salsa Fit w/ Kelly	10:30-11:15 am Silver Sneakers Yoga w/ Mandy	Open 9-5 Happy New Year!	9-10 am Cardio Barre w/ Donna			8:30-9:30 am Sunrise Yoga w/ Tami
9-9:30 am TRX w/ Jess *gym	10:35-11:20 am Aqua Therapy w/ Dorinda	First Day Walk 11-12:30 pm	10:00-10:45 am Silver Sneakers Circuit w/ Mandy	9-10 am Functional Strength w/ Jodi		
12:15-12:45 pm Kettlebells w/ Jess *gym		Meet at Lion's Club Park All are welcome!	10:35-11:20 am Aqua Therapy w/ Dorinda			
5:30-6:30 pm TRX Pump w/ Mandy *gym	Close at 5 pm		10:50-11:35 am Silver Sneakers Yoga w/ Mandy			
6:40-7:25 pm Cardio Kickbox w/ Mandy						