



Mansfield Community Center
Family, Fitness & Fun!

Open House Week
 FREE Sample Classes!
 Membership Promotions!
 Open Pool and Gym Use!
 Family Fun Night!

Type of Class
Group Fitness – Studio/Gym
Group Fitness -Pools
Adult Classes
Youth/Family Classes
Family Fun Night

Dec. 28-Jan.3 Open House FREE Sample Class Schedule

Come in and try a new class or re-visit an old favorite!

No pre-registration is required. Some classes are for adults only; others are for children (with parents for the young ones). See the block schedule for further information.

28-Dec	29-Dec	30-Dec	31-Dec	1-Jan	2-Jan	3-Jan
	5:45-6:45 am Spin With Paul	6:30-7:30 am Spin With Ron	5:45-6:45 am Spin With Paul	MCC OPEN FROM 9AM – 5PM HAPPY NEW YEAR!	5:45-6:45am Spin With Paul	
8:15-9:15 am All Levels Yoga With Patricia	7 - 8 am Fitness Walking With Ron	8 - 9 am All Levels Yoga With Patricia	7 - 8 am Fitness Walking With Ron		9-10 am Functional Strength With Jodi	8-9 am Spin With Todd
	9-9:30 am Kettlebells w/ Jess *gym	10:45-11:30 a.m. Aqua Therapy With Dorinda	12-12:45 am Silver Sneakers Classic With Lizzie		9:45-10:45 am Water Fitness With Lizzie	10:45-11:30 Work the Circuit With Mandy
4pm - 6pm Open Youth Volleyball Middle/High School GYM	9:45-10:45 am Water Fitness With Lizzie	11:35-12:20pm Aqua Therapy With Dorinda	2 – 2:45pm Aqua Arthritis With Lizzie		10 – 11am Natural Medicines for Cold and Flu Season w/ Jackie *comm rm	10 – 10:30am Adult/Child Yoga w/ Karrie *comm rm Ages 2 -5
	10:15-11:15 am Functional Strength With Jodi	12- 1 pm All Levels Yoga With Nanette			10:15-11:15am Yoga Core With Sharon	10:45 – 11:15am Kids Yoga w/Karrie *comm rm Ages 6 – 12
5- 6 pm Foam Roll With Jodi	4:30-5:30 pm All levels Yoga With Nanette	12:15-12:45 pm Mini Pump w/ Elle *gym			12-12:45 am Silver Sneakers Classic w/ Lizzie *comm rm	Family Fun Night 4:30 – 7:30 pm (Pools & Gym)
	7-8:30 p.m. Ballroom Dance Workshop With Kelly	6:15-7:15 pm All Levels Yoga With Nancy			2 – 2:45pm Aqua Arthritis With Lizzie	
OPEN HOUSE		5-6 pm Spin With Todd	MCC CLOSSES AT 5PM	MCC CLOSSES AT 5PM	6 – 7pm Aqua Power With Melissa	
FREE classes for members and Non-members.		6:15 – 7pm Work the Circuit w/ Jodi *gym				
14 years and older for Fitness classes.		8 – 9:30pm Masters Swim With Scott				
For more information please call 860-429-3015. www.mansfieldcc.com						

