

MARGO FOURNIER CENTER

DROP IN SCHEDULE 2017

**ONE TIME DROP – IN, MFC 5 OR 10 PUNCH PASSES & MONTHLY MEMBERSHIPS
ARE ACCEPTED AT THIS FACILITY.**

FITNESS PASSES CAN BE PURCHASED ONLINE or
FROM THE FRONT DESK AT EITHER FACILITY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Easy Adult Fitness (G) 9:30 - 10:30 AM		Easy Adult Fitness (G) 9:30 - 10:30 AM		Easy Adult Fitness (G) 9:30 - 10:30 AM
Noon Hour Fitness (AR) Cardio 12:15 - 12:45 PM	Noon Hour Fitness (G) Boot Camp 12:15 - 12:45 PM	Noon Hour Fitness (AR) Yoga Core 12:15 - 12:45 PM	Noon Hour Fitness (AR) Step 12:15 - 12:45 PM	Noon Hour Fitness (AR) Get Ripped 12:15 - 12:45 PM
After Work Fitness (AR) Pound Rockout Workout 5:15 - 6:15 PM		After Work Fitness (AR) Zumba 5:15 - 6:15 PM		After Work Fitness (AR) Yoga 5:15 - 6:15 PM
	PiYo LIVE 5:30 – 6:30 PM			

Easy Adult Fitness takes place in the Gymnasium (G).

Noon Hour Fitness Gymnasium (G)

Noon Hour Fitness Aerobics Room (AR)

After Work Fitness takes place in the Aerobics Room (AR).

Please Note: There will be no classes held on Statutory Holidays

Classes Run From September – December, 2017