

MARGO FOURNIER CENTER DROP IN SCHEDULE 2019

SINGLE DROP – IN, MFC BULK 5 OR 10 PASS & MONTHLY RECREATION MEMBERSHIP

ARE ACCEPTED AT THE MFC.

THE MONTHLY RECREATION PASS CAN BE PURCHASED ONLINE,
FROM AFJH, MFC or FJD Pool.

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 (AR) 6:30 – 7:30 PM	

(G) Gymnasium

(AR) Aerobics Room

Note: There will be no classes held on Statutory Holidays

Classes Run From September – June

(Schedule is subject to change in January)