

# May 2018 Group Exercise Schedule

| MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY   |
|--|---|--|--|---|--|
| MEMORIAL<br><i>City/Club</i>   | 1<br>11:15a Fusion (35 min)<br>12:00p RPM (45 min)<br>5:30p CxWorks (30 min)  | 2<br>11:15a BodyPump (30)<br>12:00p GritPlyo (30)<br>5:30p RPM (50 min)      | 3<br>5:45a Private (30 min)<br>11:15a Body Flow (30)<br>12:00p RPM (45 min)<br>5:30p Private (60 min)  | 4<br>12:00p Body Pump (60)  | 5<br>When no classes are scheduled, the studio is open on a first come first serve basis.  |
|  | 7<br>11:15a BodyCombat (30)<br>12:00p BodyPump (60)<br>5:30p RPM (45 min)     | 8<br>11:15a Fusion (35 min)<br>12:00p RPM (45 min)<br>5:30p CxWorks (30 min) | 9<br>11:15a BodyPump (30)<br>12:00p GritCardio (30)<br>5:30p RPM (50 min)                              | 10<br>5:45a Private (30 min)<br>11:15a Body Flow (30)<br>12:00p RPM (45 min)<br>5:30p Private (60 min)  | 11<br>12:00p Body Pump (60)  |
| 14<br>11:15a BodyPump (30)<br>12:00p BodyPump (60)<br>5:30p RPM (45 min)   | 15<br>11:15a Fusion (35 min)<br>12:00p RPM (45 min)<br>5:30p CxWorks (30 min) | 16<br>11:15a BodyPump (30)<br>12:00p GritStrength (30)<br>5:30p RPM (50 min) | 17<br>5:45a Private (30 min)<br>11:15a Body Flow (30)<br>12:00p RPM (45 min)<br>5:30p Private (60 min) | 18<br>12:00p Body Pump (60)   | 19<br>When no classes are scheduled, the studio is open on a first come first serve basis. |
| 21<br>11:15a BodyCombat (30)<br>12:00p BodyPump (60)<br>5:30p RPM (45 min) | 22<br>11:15a Fusion (35 min)<br>12:00p RPM (45 min)<br>5:30p CxWorks (30 min) | 23<br>11:15a BodyPump (30)<br>12:00p GritPlyo (30)<br>5:30p RPM (50 min)     | 24<br>5:45a Private (30 min)<br>11:15a Body Flow (30)<br>12:00p RPM (45 min)<br>5:30p Private (60 min) | 25<br>12:00p Body Pump (60)   | 26<br>When no classes are scheduled, the studio is open on a first come first serve basis. |
| 28<br>11:15a BodyPump (30)<br>12:00p BodyPump (60)<br>5:30p RPM (45 min)   | 29<br>11:15a Fusion (35 min)<br>12:00p RPM (45 min)<br>5:30p CxWorks (30 min) | 30<br>11:15a BodyPump (30)<br>12:00p GritCardio (30)<br>5:30p RPM (50 min)   | 31<br>5:45a Private (30 min)<br>11:15a Body Flow (30)<br>12:00p RPM (45 min)<br>5:30p Private (60 min) | <b>Find the Group Exercise Schedule Online!</b><br><a href="http://www.memorialcityzen.com/health-and-wellness/">www.memorialcityzen.com/health-and-wellness/</a> |  |

## Happy Anniversary MCC!

**Help us celebrate 2 wonderful years of fitness and fun by competing for 2 months of free membership!**

Each challenge you master earns you a ticket into the fish bowl. Staff must be present when attempting a challenge. 2 winners will be drawn on June 29th, 2018.



The virtual system is available to all members when there is not a scheduled class in session. Please ask the front desk if you need assistance or additional information.

**For specific questions or comments regarding the schedule please email [Kacee@RisherCo.com](mailto:Kacee@RisherCo.com)**