MASSANUTTEN FITNESS & REC CLUB

# May 2022
# Fitness Studio Schedule

All classes require prior registration.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 1<br>5:30 PM POUND® | 2<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 3<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 4<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 5<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 6 | 7<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |
| 8 | 9<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 10<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 11<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 12<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 13 | 14<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |
| 15 | 16<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 17<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 18<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 19<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 20 | 21<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |
| 22<br>5:30 PM POUND® | 23<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA® | 24<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 25<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 26<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 27 | 28<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |
| 29 | 30<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 31<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 1<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 2<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 3 | 4<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |

MASSANUTTEN FITNESS & REC CLUB

# June 2022
# Fitness Studio Schedule

All classes require prior registration.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 29 | 30<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>Memorial Day<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 31<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 1<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 2<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 3 | 4<br>9:15 AM POWER PUMP |
| 5<br>6:30 PM POUND® | 6<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 7<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 8<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 9<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 10 | 11<br>9:15 AM POWER PUMP |
| 12<br>6:30 PM POUND® | 13<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 14<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 15<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA | 16<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 17 | 18<br>9:15 AM POWER PUMP |
| 19<br>6:30 PM POUND® | 20<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 21<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 22<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA | 23<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 24 | 25<br>9:15 AM POWER PUMP |
| 26<br>6:30 PM POUND® | 27<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 28<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 29<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA | 30<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 1 | 2<br>9:15 AM POWER PUMP |

MASSANUTTEN FITNESS & REC CLUB

# July 2022
# Fitness Studio Schedule

All classes require prior registration.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 26 | 27 | 28 | 29 | 30 | 1 | 2 |
| | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | | |
| | | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | | 9:15 AM POWER PUMP |
| | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | | |
| | 4:45 PM ZUMBA® | | | | | |
| | | | | 5:30 PM POUND® | | |
| 6:30 PM POUND® | 6:00 PM CARDIO, KICK SCULPT, HIIT | 6:30 PM ZUMBA® | | 6:30 PM ZUMBA® | | |
| 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | | |
| | | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | | 9:15 AM POWER PUMP |
| | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | | |
| | 4:45 PM ZUMBA® | | | | | |
| | | | | 5:30 PM POUND® | | |
| 6:30 PM POUND® | 6:00 PM CARDIO, KICK SCULPT, HIIT | 6:30 PM ZUMBA® | | 6:30 PM ZUMBA® | | |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | | |
| | | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | | 9:15 AM POWER PUMP |
| | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | | |
| | 4:45 PM ZUMBA® | | | | | |
| | | | | 5:30 PM POUND® | | |
| 6:30 PM POUND® | 6:00 PM CARDIO, KICK SCULPT, HIIT | 6:30 PM ZUMBA® | | 6:30 PM ZUMBA® | | |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | | |
| | | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | | 9:15 AM POWER PUMP |
| | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | | |
| | 4:45 PM ZUMBA® | | | | | |
| | | | | 5:30 PM POUND® | | |
| 6:30 PM POUND® | 6:00 PM CARDIO, KICK SCULPT, HIIT | 6:30 PM ZUMBA® | | 6:30 PM ZUMBA® | | |
| 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | | |
| | | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | | 9:15 AM POWER PUMP |
| | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | | |
| | 4:45 PM ZUMBA® | | | | | |
| | | | | 5:30 PM POUND® | | |
| 6:30 PM POUND® | 6:00 PM CARDIO, KICK SCULPT, HIIT | 6:30 PM ZUMBA® | | 6:30 PM ZUMBA® | | |
| 31 | 1 | 2 | 3 | 4 | 5 | 6 |
| | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | 9:00 AM AEROBICS | | |
| | | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | 9:00 AM AQUA ZUMBA® | | 9:15 AM POWER PUMP |
| | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | 10:00 AM YOGA | | |
| | 4:45 PM ZUMBA® | | | | | |
| | | | | 5:30 PM POUND® | | |
| 6:30 PM POUND® | 6:00 PM CARDIO, KICK SCULPT, HIIT | 6:30 PM ZUMBA® | | 6:30 PM ZUMBA® | | |

MASSANUTTEN FITNESS & REC CLUB

# August 2022
# Fitness Studio Schedule

All classes require prior registration.

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|---|---|---|---|
| 31 | 1<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 2<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 3<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA | 4<br>9:00 AM AEROBICS<br>9:00 AM AQUA ZUMBA®<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 5 | 6<br>9:15 AM POWER PUMP |
| 6:30 PM POUND® | | | | | | |
| 7<br>6:30 PM POUND® | 8<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 9<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 10<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 11<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 12 | 13<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |
| 14<br>6:30 PM POUND® | 15<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 16<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 17<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 18<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 19 | 20<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |
| 21<br>6:30 PM POUND® | 22<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 23<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 24<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 25<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 26 | 27<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |
| 28<br>6:30 PM POUND® | 29<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>4:45 PM ZUMBA®<br>6:00 PM CARDIO, KICK SCULPT, HIIT | 30<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>6:30 PM ZUMBA® | 31<br>9:00 AM AEROBICS<br>10:00 AM YOGA | 1<br>9:00 AM AEROBICS<br>10:00 AM YOGA<br>5:30 PM POUND®<br>6:30 PM ZUMBA® | 2 | 3<br>9:00 AM AQUA ZUMBA®<br>9:15 AM POWER PUMP |