



FALL GROUP EXERCISE CLASS SCHEDULE: **OCTOBER**

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
6:00 AM		METABOLIC MADNESS		PUNCH, POWER, PREVAIL		CYCLING (7:15)
8:15 AM	CYCLING	SUPERWOMAN STRONG	ULTIMATE UPPER BODY	20/20/20	GUTS & GLUTES	PUNCH, POWER, PREVAIL (8:30)
9:30 AM	PILATES FLOW	PUNCH, POWER, PREVAIL	CYCLING	INHALE, EXHALE, STRETCH	SUPER WOMAN STRONG	INHALE, EXHALE, STRETCH
4:30 PM	20/20/20		PILATES FLOW			
5:30 PM	SUPER WOMAN STRONG		PUNCH, POWER, PREVAIL	ZUMBA (4:45 PM)		
6:00 PM		CYCLING		GUTS & GLUTES		

* Cancellations must be done 1 hour prior to any class or there will be a \$5 penalty fee. Call 570-664-6991 or e-mail madtimefitness1@gmail.com.

** Zumba Toning will be held every other Thursday at 4:45.*

** Saturday, October 3rd will be Metabolic Madness at 8:30.*

* Schedule may change due to demand, instructor availability, attendance, etc. each month.

* Please arrive 10 minutes early to class for temperature checks. If temperature exceeds 100.4 degrees Fahrenheit, will be asked to leave.

* Please wear a mask upon arrival and bring your own workout mat as well as kickboxing gloves.