



SUMMER GROUP EXERCISE CLASS SCHEDULE: **JUNE**

	<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	METABOLIC MADNESS (8:30)
9:30 AM	GUTS & GLUTES	20/20/20	CYCLING	INHALE, EXHALE, STRETCH	SUPER WOMAN STRONG	INHALE, EXHALE, STRETCH
4:15 PM	20/20/20		MADABS			
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 madttimefitness1@gmail.com.

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

* Please arrive 5-10 minutes early to class for temperature checks. If temperature exceeds 100.4 degrees Fahrenheit, will be ask to leave.

* Not mandated to wear a mask. Please bring your own workout mat.

* Beginning August or September, Monday's at 9:30 and Thursday's at 8:15 will change to Pilates Flow.

* Saturday's 8:30 AM Metabolic Madness may or may not be held outside at a park or field depending on weather.