

















# Maple Woods Fitness Center

## GROUP EXERCISE SCHEDULE

TIME	M	T	W	TH	F	SAT	SUN
5:35 - 6:35 am	 Jill	CardioCORE Jill	 Dalena	CardioCORE Jill	 Dalena/Emily		
8:30- 9:30 am	Cardio/Strength Anne	Group Wt. Training/Stretch Dalena	 Anne	Group Wt. Training/Stretch Dalena	Cardio/Strength Judy	CardioCORE John/Laura	
9:05- 10:05 am							 Tony
9:30 - 10:30 am	 Sandi		 Sandi		 Sandi	 Beth	
10:05- 11:05 am							 Karla
4:30 - 5:30 pm	Cardio/Strength Judy	Group Wt. Training Marilyn	 Emily	Intervals Tami			
5:30 - 6:30 pm	 Brynn	Intervals Lisa	Cardio/Strength Laura	 Christy			
6:30 - 7:30 pm		 YOGA Carrie		 YOGA Kathryn			

A minimum of 3 participants must be present for the instructor to teach a class.

**PLEASE NOTE:**

- ~Non-Members: An All-Access Pass can be purchased for \$50 for 10 visits or \$6/class.
- ~All visits **MUST** be pre-paid, no exceptions.

**\*\*In the event of inclement weather\*\*, classes will be cancelled when MCC-Maple Woods Campus cancels school for the day due to bad weather & road conditions.**

Please call 816-604-3555 beforehand if you are unsure about classes being cancelled.