

MINERALS SPORTS CLUB

JUNE FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>YOGA {STUDIO 1} 8:00am — ELAINE</p> <p>BOOTY CAMP 8:30am — WENDY</p> <p>BOX FITNESS & ABS 9:15am — WENDY</p> <p>SPIN 5:00pm — NANCY</p> <p>GRIT TABATA 6:00pm — NANCY</p> <p>BODY PUMP 7:00pm — NANCY</p>	<p>BODY PUMP 8:00am — WENDY</p> <p>SPIN 9:15am — BARBARA</p> <p>AQUA FIT 11:00am — APRIL</p> <p>TABATA BOOT CAMP 5:00pm — BARBARA</p> <p>ZUMBA 6:00pm — WILLIAM</p> <p>AQUA FIT 6:00pm — WENDY</p>	<p>BOOTY CAMP 8:30am — ELAINE</p> <p>BODY SHOCK 9:15am — WENDY</p> <p>BARRE {STUDIO 1} 9:15am — ELAINE</p> <p>PLEASE NOTE: Wednesday evening classes are 45 minutes</p> <p>SPIN 4:45pm — NANCY</p> <p>BUTT & GUTT 5:30pm — NANCY</p> <p>GRIT TABATA 6:15pm — NANCY</p> <p>RIP IT UP 7:00pm — NANCY</p>	<p>BODY PUMP 8:00am — WENDY</p> <p>STRETCH & FLEX 9:00am — WENDY</p> <p>AQUA CIRCUIT 11:00am — APRIL</p> <p>ZUMBA 6:00pm — WILLIAM</p> <p>BODY PUMP 7:00pm — SALLY</p>
			
FRIDAY	SATURDAY		SUNDAY
<p>MORNING YOGA 8:00am — ELAINE</p> <p>DRENCHED 9:15am — BARBARA</p>	<p>SPIN 7:30am — NANCY</p> <p>GRIT TABATA 8:30am — NANCY {45 MINS}</p> <p>YOGA FLOW 9:00am — ELAINE</p> <p>BODY PUMP 9:15am — NANCY</p>		<p>SPIN 7:30am — NANCY</p> <p>CARDIO SCULPT PARTY 8:30am — NANCY</p> <p>BUTT & GUT 9:30am — NANCY {45 MINS}</p>

FOLLOW US



WELCOME TO MSC — PLEASE NOTE:

- CHECK IN AT MEMBER SERVICES & WITH CLASS INSTRUCTOR
- BRING YOUR OWN, TOWEL, WEIGHTS & YOGA MAT
- PLEASE WEAR YOUR WRISTBAND
- SIGN UP FOR TEXTING SERVICE: INFO@CSRESORT.COM
- HELP MAINTAIN THE CLEAN CLUB