

Group Fitness Schedule

Winter/Spring 2012

*Schedule is effective January 2-May 4.

*Group Fitness classes are included with membership.

*Non-members may be \$6 per class

Day	Time	Class	Instructor	Location
Monday	4-5 pm	Yoga	Connie Harter-Bagley	Lower Gym
	5-6pm	Total Body Circuit	Marita Taylor	Lower Gym
Tuesday	6:30-7:30am	Sunrise Boot Camp	Rich Fabri & Marita Taylor	Lower Gym
	8-9am	Water Aerobics	Julie Millay	Pool
	6-7pm	Non-contact MMA Training	Dave Claroni & Matt Cooley	Lower Gym
MMA Training begins on 1/17/12				
Wednesday	8-9 am	Women on Weights	Marita Taylor	Lower Gym
	4-5 pm	Yoga	Connie Harter-Bagley	Lower Gym
	5:30-6:30pm	Total Body Circuit	Marita Taylor	Lower Gym
Thursday	6:30-7:30am	Sunrise Boot Camp	Rich Fabri & Marita Taylor	Lower Gym
	8-9am	Water Aerobics	Julie Millay	Pool
	6-7pm	Zumba	Amanda Cornett	Lower Gym
Zumba will begin on 1/12/12				
Friday	8-9 am	Women on Weights	Marita Taylor	Lower Gym

For More Information Call 255-1408



THE UNIVERSITY OF MAINE AT
MACHIAS
Naturally!