




















Maple Woods Fitness Center

GROUP EXERCISE SCHEDULE

TIME	M	T	W	TH	F	SAT	SUN
5:35 - 6:35 am	 Brynn	CardioCORE Jill	 Brynn	CardioCORE Jill	 Dalena		
8:30- 9:30 am	CardioPUMP Jessica	Group Wt. Training/Stretch Dalena	 Dalena	Group Wt. Training/Stretch Marilyn	Cardio Step Judy	 Athletic Step Karla	
9:05- 10:05 am							Cardio Step Tony
9:30 - 10:30 am	 Core Flex Jill		 Core Flex Sandi		 Core Flex Jill	 Beth	
10:05- 11:05 am							 Karla
11:05 - 12:05 pm							 Yoga Flow Karla
4:30 - 5:30 pm	Total Body Workout Judy	Group Wt. Training Marilyn	 Bethanie	Total Body Workout Judy			
5:30 - 6:30 pm	R.I.P.P.E.D Lori	 Bethanie	R.I.P.P.E.D Lori	 Dalena			
6:30 - 7:30 pm	 Brynn	 Yoga Flow Karla	 Jill	 Yoga Flow Karla			

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**, morning classes will be cancelled when MCC-Maple Woods Campus cancels school for the day due to bad weather & road conditions. If the bad weather continues through the day, a decision will be made by 4:00pm as to whether or not evening aerobic classes will be held. If MCC-Maple Woods Campus evening classes are cancelled, then the Fitness Center will automatically cancel evening aerobic classes.**

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