

Thanksgiving Nov. 23-27

ADJUSTED GROUP FITNESS SCHEDULE

WEDNESDAY
5:40-6:10 a.m. / Studio A Les Mills GRIT™ Ranin
7:30 a.m. / Studio C Muscle Work Josh
8:30 a.m. / Synrgy 360 Synrgy 360 Erin
8:30 a.m. / Studio B Les Mills THE TRIP™ Erin
10 a.m. / Studio C Pilates Mat Sharon
5:30 p.m. / Studio B SPINPower® Amy
6 p.m. / Studio A Les Mills BODYPUMP™ Ranin
7 p.m. / Studio A Les Mills CORE™ Ranin

THURSDAY

**NO CLASSES
FITREC CLOSED**

FRIDAY
8:30 a.m. / Pool Aqua Medley Margie
8:30 a.m. / Studio C Cardio Fusion Viviana
9:30 a.m. / Studio C Pilates Barre Viviana
10 a.m. / Studio A Les Mills CORE™ Ranin

SATURDAY
8 a.m. / Studio A Les Mills BODYPUMP™ Ranin
8:30 a.m. / Pool Aqua Medley Liz
9 a.m. / Studio B SPINPower® Mary

SUNDAY
9 a.m. / Studio A Les Mills BODYCOMBAT™ Renee
10 a.m. / Pool Aqua HIIT Dawna

Download the FitRec app for up-to-date schedules!
All Classes are 50 minutes in length unless noted. Advance registration and check-in for classes is required.

Pool Schedule

The normal pool schedule will be in effect with the exception of Lap Swim in place of the normal Wednesday 6:30 p.m. and Friday 9:30 a.m. aquatics classes.



**HOW TO REGISTER
& CHECK-IN**

(708) 608-4000 | morainevalley.edu/fitrec | @MVCCFitRec

