



**MASSANUTTEN**

# FITNESS & REC CLUB

**Classes are Subject to be Cancelled**  
Please Call 540.289.4987 to Check Availability

**All Classes Require Prior Registration**  
Classes are \$8 Each

## Fitness Studio Schedule

### MONDAY

**9:00 AM**  
Strength Aerobics

**10:00 AM**  
Resort Yoga

**6:00 PM**  
POUND®

**6:30 PM**  
POUND  
Unplugged®

### TUESDAY

**9:00 AM**  
Strength Aerobics

**10:00 AM**  
Resort Yoga

**5:00 PM**  
Kettlebell

**6:30 PM**  
Zumba®

### WEDNESDAY

**9:00 AM**  
Strength Aerobics

**10:00 AM**  
Resort Yoga

**5:00 PM**  
Kettlebell

**6:30 PM**  
Zumba®

### THURSDAY

**9:00 AM**  
Strength Aerobics

**10:00 AM**  
Resort Yoga

**5:00 PM**  
Kettlebell

**6:30 PM**  
Zumba®

### SATURDAY

**9:15 AM**  
Power Pump®

**10:15 AM**  
Aqua ZUMBA®  
\*at Mt. Peak Pool



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### SATURDAY

**9:15 AM**  
Power Pump®

**10:15 AM**  
Aqua ZUMBA®  
\*at MFRC Indoor Pool