



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--------|------------------------------|------------------------------|------------------------------|------------------------------|---|------------------------------|
| | | 6:30-7:30am Chuck | | | 5:45-6:30 Express Class - Maura | 9:00-10:00am Chuck |
| | 9:30-10:30am Maura | 9:15-10:15am Maura | 9:00AM-10:00AM Jim | 9:15-10:15am Maura | 9:30-10:30am Maura | |
| | | | | | | |
| | | | | 5:00-6:00pm Brian | | |
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Interested in losing weight, getting stronger, increasing endurance and toning up? Want the benefit of working with a personal trainer combined with the motivation of working with a group? Sign up for Small Group Training for a more affordable exercise routine.

No need to form your own groups... Just show up to a time of your choice with your pass to participate!

Fees:

1 Class Pass: \$20

Pack of 5: \$75

Pack of 10: \$130

For questions or to sign up for classes contact: Mike DeMellia at mdemellia@mvmca.org