

## FITNESS CENTER

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:45-8:10 AM <b>MSHS AM Fitness</b>	7:45-8:10 AM <b>MSHS AM Fitness</b>	7:45-8:10 AM <b>MSHS AM Fitness</b>	7:45-8:10 AM <b>MSHS AM Fitness</b>	7:45-8:10 AM <b>MSHS AM Fitness</b>	
	3:30-4:30 PM <b>MSHS Fitness Center</b>	3:00-5:30 PM <b>STAFF OPEN Fitness Center</b>	3:30-4:30 PM <b>MSHS Fitness Center</b>	3:00-5:30 PM <b>STAFF OPEN Fitness Center</b>	3:30-4:30 PM <b>MSHS Fitness Center</b>	
	4:30-7:45 PM <b>GROW OPEN Fitness</b> <i>Call ahead</i>	6:00-7:45 PM <b>GROW OPEN Fitness</b> <i>Call ahead</i>	4:30-7:30 PM <b>OPEN Fitness</b> <i>Call ahead</i>	6:00-7:45 PM <b>MSHS Fitness</b> <i>Call ahead</i>	4:30-7:45 PM <b>OPEN Fitness</b> <i>Call ahead</i>	

## GYMNASIUM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10:00-11:00AM <b>Cohen Intramural League</b>	3:30-4:30PM <b>MSHS Unified Basketball</b>	3:30-4:30PM <b>MSHS Indoor Soccer</b>	3:30-4:30PM <b>MSHS Unified Basketball</b>	3:30-4:30PM <b>MSHS Indoor Soccer</b>	3:30-4:30PM <b>MSHS Unified Basketball</b>	
	7:00-8:00 PM <b>Karate</b> <i>(Family Paid)</i>	7:00-7:45 PM <b>GROW Dodgeball</b>	4:30-5:30PM <b>STAFF Rec League</b>			

## 2nd FLOOR WELLNESS ROOMS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00-9:30am <b>Community Cycle</b> <i>Cycle Rm</i>	8:00-8:10 AM <b>Morning Meditation</b> <i>Mindfulness Rm</i>	8:00-8:10 AM <b>Morning Meditation</b> <i>Mindfulness Rm</i>	8:00-8:10 AM <b>Morning Meditation</b> <i>Mindfulness Rm</i>	8:00-8:10 AM <b>Morning Meditation</b> <i>Mindfulness Rm</i>	8:00-8:10 AM <b>Morning Meditation</b> <i>Mindfulness Rm</i>	
11:15-11:45am <b>Community Yoga</b> <i>Mindfulness Rm</i>	3:30-4:15pm <b>STAFF Zumba</b> <i>Dance Rm</i> <i>H. Camphina</i>	3:30-4:30pm <b>STAFF Hip Hop</b> <i>Dance Rm</i> <i>M. Doonan</i>  <b>MSHS Yoga</b> <i>Mindfulness Rm</i> <i>R. Lamb</i>	3:30-4:15pm <b>GROW Cycle &amp; Core</b> <i>Dance Rm</i> <i>S. Oliver</i>	3:30-4:30pm <b>MSHS Bootcamp</b> <i>Dance Rm</i> <i>R. Lamb</i>	3:30-4:30pm <b>GROW Dance Expression</b> <i>Dance Rm</i>	9:00-9:30am <b>GROW Yoga</b> <i>Mindfulness Rm</i> <i>R. Lamb</i>
	4:30-5:15pm <b>GROW Zumba</b> <i>Dance Rm</i> <i>H. Camphina</i>	6:30-7:00 PM <b>HS Cycle</b> <i>Cycle Rm</i> <i>R. Lamb</i>	4:30-5:15pm <b>GROW Bootcamp</b> <i>Dance Rm</i> <i>R. Lamb</i>	6:30-7:00pm <b>GROW Cycle</b> <i>Cycle Rm</i> <i>R. Lamb</i>	4:30-5:30pm <b>GROW Dance Expression</b> <i>Dance Rm</i>	9:45-10:15am <b>HS Yoga</b> <i>Mindfulness Rm</i> <i>R. Lamb</i>
	6:30-7:00 PM <b>GROW Bootcamp</b> <i>Dance Rm</i> <i>A. Beer</i>	7:00-7:45 PM <b>GROW Mindfulness &amp; Stretch</b> <i>Mindfulness Rm</i> <i>R. Lamb</i>	6:30-7:00 PM <b>GROW Boxing</b> <i>Dance Rm</i> <i>C. Barnatchez</i>	7:00-7:45 PM <b>MSHS Mindfulness &amp; Stretch</b> <i>Mindfulness Rm</i> <i>R. Lamb</i>		10:30-11:15am <b>Community Cycle</b> <i>Cycle Rm</i> <i>R. Lamb</i>