

MCC Centra Group Fitness Schedule

Changes may occur go to our [Facebook](#) page for more info

	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
6:00 AM						
8:30 AM		Silver S Cardio fit		Silver S Cardio fit		
9:00 AM	Silver Sneakers <i>(Linda)</i>		Silver Sneakers <i>(Linda)</i>		Silver Sneakers <i>(Linda)</i>	
12:00 PM	Tabata-KB Shape <i>(Mike)</i>	Beginning Yoga <i>(Holly)</i>	Tabata-KB Shape <i>(Mike)</i>	Beginning Yoga <i>(Holly)</i>	Walleyball <i>(Mike)</i>	
5:00 PM		Step <i>(Jerusha)</i>		Step <i>(Jerusha)</i>		
5:45 PM		Power Cycling		Power Cycling		