

MCC-PENN VALLEY FITNESS CENTER

MAY 13 – JUNE 1, 2019

GROUP CLASS SCHEDULE

ALL CLASSES ARE INCLUDED
AT NO EXTRA CHARGE FOR
STUDENT MEMBERS,
EMPLOYEES & PE STUDENTS

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|--|
| | STEP & WEIGHTS 11:05 – 11:55 AM SHERI - 103 | | STRENGTH CONDITIONING 11:05 – 11:55 AM SHERI - 103 | |
| ZUMBA 12:05 – 12:55 PM ESTELLE - 103 | PILATES 12:05 – 12:55 PM STEPHANIE - 103 | BOOTCAMP 12:05 – 12:55 PM SHERI - GYM | PILATES 12:05 – 12:55 PM STEPHANIE - 103 | YOGA 12:05 – 12:55 PM STEPHANIE - 103 |
| | | | | |

IMPORTANT DATES: NO CLASSES 5/27 MEMORIAL DAY

*ANY CLASS CAN BE CANCELLED IF ATTENDANCE IS LOWER THAN 4 PEOPLE AFTER THREE WEEKS OF THE SEMESTER.

**IN THE EVENT OF INCLEMENT WEATHER, CALL 816.604.4222 OR CHECK MCCPKC.EDU FOR SCHOOL CLOSING. PENN VALLEY FITNESS CENTER WILL BE CLOSED WHEN THE MCC-PENN VALLEY CAMPUS CLOSSES.

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