### Group Class Schedule - Fall 2019

**IMPORTANT DATES:**
- **NO CLASSES** 9/2 Labor Day,
- **11/27-11/30** Thanksgiving Holiday

*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 MCCKC.EDU for school closing. Penn Valley Fitness Center will be closed when the MCC-Penn Valley Campus closes.*

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| 30 MINUTE STEP  
11:00 – 11:30 AM  
SHERI - 103 | **TONE UP**  
11:10 – 11:50 AM  
SHERI - 103 | 30 MINUTE SCULPT  
11:30 – 12:00 PM  
SHERI - 103 | PILATES  
12:05 – 12:55 PM  
STEPHANIE - 103 | PILATES  
12:05 – 12:55 PM  
STEPHANIE - 103 |
| ZUMBA  
12:05 – 12:55 PM  
ESTELLE - 103 | PILATES  
12:05 – 12:55 PM  
STEPHANIE - 103 | **BOOTCAMP**  
12:05 – 12:50 PM  
SHERI - GYM | YOGA  
12:05 – 12:55 PM  
STEPHANIE - 103 |
| **INTRO TO BOOTCAMP**  
1:05 – 1:35 PM  
SHERI - 103 | **YOGA**  
1:30 – 2:00 PM  
STEPHANIE - 103 | | | |

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