

FB LIVE CLASS SCHEDULE

MONDAY 5/25 MEMORIAL DAY

8:30 AM 60 MIN. CARDIO SCULPT W MARIANNE

TUESDAY 5/26

8:30 AM 30 MIN. BARRE BLAST W LINDA

5:30 PM 45 MIN. PILATES YOGA FUSION W JAN

WEDNESDAY 5/27

8:30 AM 30 MIN. BAND SCULPT W MARIANNE

5:30 PM 60 MIN. 30+30 (CARDIO & YOGA) W MICHELE

THURSDAY 5/28

8:30 AM 60 MIN. SCULPT + STRETCH + TONE W LINDA

FRIDAY 5/29

8:30 AM 60 MIN. BARRE ABOVE W JENNIFER

SATURDAY 5/30

8:30 AM 60 MIN. CARDIO + TONE CIRCUIT W MARIANNE

SUNDAY 5/31

8:30 AM 60 MIN. KIND YOGA WITH JAYNE

These classes are being offered to our members free of charge. No need to sign up. At the class start time, turn on your phone or device and head over to FB and the "Mid-Cape Athletic Club Members Only Group". The video will be available after class as well.

MORE INFO AT MIDCAPEATHLETIC.COM

