



# Group Exercise Class Schedule

## JULY 2020

ZOOM, INDOOR and OUTDOOR SCHEDULE

Contact us at [midcapeathletic.com](http://midcapeathletic.com) and at 508-394-3511

MON

8:00 AM  
OUTDOOR  
SPINNING  
with Maria

9:15 AM  
CARDIO SCULPT  
with Linda

5:30 PM  
PILATES w PROPS  
with Rebecca

TUE

8:00 AM  
OUTDOOR  
CARDIO  
CIRCUIT  
with Marianne

6:00 PM  
SPINNING  
with Jon

WED

8:00 AM  
OUTDOOR  
SPINNING  
with Maria

9:15 AM  
STRETCH &  
SCULPT  
with Linda

5:30 PM  
YOGA  
with Michele

6:00 PM  
OUTDOOR  
SPINNING  
with Peter

THU

8:00 AM  
OUTDOOR BAND  
SCULPT  
with Marianne

9:15 AM  
YOGA  
with Jayne

5:30 PM  
ZUMBA  
with Rick

6:00 PM  
SPINNING  
with Jon

FRI

8:00 AM  
OUTDOOR  
SPINNING  
with Vana

9:15 AM  
BARRE ABOVE  
with Jenn  
ZOOM ALSO!

SAT

8:00 AM  
SPINNING  
with Linda

9:15 AM  
SCULPT CIRCUIT  
with Marianne

SUN

8:00 AM  
SPINNING  
with Vana

9:15 AM  
YOGA  
with Jayne

**You MUST sign up for ALL CLASSES on your Member Portal**

All classes must have 2 ppl signed up 1 hour before class start time or class will be canceled. If you cannot attend a class you signed up for, you may cancel for free, up to 1 minute before class start. If you do not cancel and you do not show, you will be charged \$5.



OUTDOOR ONLY. WEATHER PERMITTING. Limited to 15 ppl. (12 for Spinning). If it's raining, NO CLASS we will email.



Indoors in the Group Ex Studio. Limited to 10 ppl.



Zoom Only.