

October 2009 – Kendall Drop-In Classes

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
MHC Faculty/Staff have priority Monday-Friday 12n-1pm	* Denotes changes in regular space. Be sure to look for flyers noting changes in schedules.			1 Spinning 7am-7:50am Zumba 12:10pm-1pm Zumba 5:10pm-6pm	2 Spinning 7am-7:50am	3 Pilates 10:10am-11am
4 Yoga 6pm-6:50pm Zumba 5:10pm-6pm Zumba 6:10pm-7pm	5 Pilates 7am-7:50am Spinning 7am-7:50am	6 Spinning 7am-7:50am Spinning 12:10pm-1pm Zumba 5:10pm-6pm Zumba 6:10pm-7pm Pilates 7:10pm-8pm Yoga 7:30pm-8:20pm	7 Pilates 7am-7:50am Spinning 12:10pm-1pm Yoga 5:10pm-6pm	8 Spinning 7am-7:50am Zumba 12:10pm-1pm Zumba 5:10pm-6pm	9 Spinning 7am-7:50am	10 Fall Break
11 Fall Break	12 Fall Break	13 Fall Break	14 Pilates 7am-7:50am Spinning 12:10pm-1pm Yoga 5:10pm-6pm	15 Spinning 7am-7:50am Zumba 12:10pm-1pm Zumba 5:10pm-6pm	16 Spinning 7am-7:50am	17 Pilates 10:10am-11am
18 Yoga 6pm-6:50pm Zumba 5:10pm-6pm Zumba 6:10pm-7pm	19 Pilates 7am-7:50am Spinning 7am-7:50am	20 Spinning 7am-7:50am Spinning 12:10pm-1pm Zumba 5:10pm-6pm Zumba 6:10pm-7pm Pilates 7:10pm-8pm Yoga 7:30pm-8:20pm	21 Pilates 7am-7:50am Spinning 12:10pm-1pm Yoga 5:10pm-6pm	22 Spinning 7am-7:50am Zumba 12:10pm-1pm Zumba 5:10pm-6pm	23 Spinning 7am-7:50am	24
25 Yoga 6pm-6:50pm Zumba 5:10pm-6pm Zumba 6:10pm-7pm	26 Pilates 7am-7:50am Spinning 7am-7:50am	27 Spinning 7am-7:50am Spinning 12:10pm-1pm Zumba 5:10pm-6pm Zumba 6:10pm-7pm Yoga 7:30pm-8:20pm	28 Pilates 7am-7:50am Spinning 12:10pm-1pm Yoga 5:10pm-6pm	29 Spinning 7am-7:50am Zumba 12:10pm-1pm Zumba 5:10pm-6pm	30 Spinning 7am-7:50am	31 Pilates 10:10am-11am

Drop-In Class Spaces

Pilates: M,W,Sat - studio 2; Tu – studio 3
Yoga: all classes – studio 2

Spinning: all classes - Fitness Center Mezzanine
Zumba: all classes – studio 3

November 2009 – Kendall Drop-In Classes

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
1 Zumba 5:10pm-6pm Yoga 6pm-6:50pm Zumba 6:10pm-7pm	2 Pilates 7am-7:50am Spinning 7am-7:50am	3 Spinning 7am-7:50am Spinning 12:10pm-1pm Zumba 5:10pm-6pm Yoga 7:30pm-8:20pm	4 Pilates 7am-7:50am Spinning 12:10pm-1pm Yoga 5:10pm-6pm	5 Spinning 7am-7:50am Zumba 12:10pm-1pm Zumba 5:10pm-6pm	6 Spinning 7am-7:50am	7 Spinning 10:10am-11am
8 Zumba 5:10pm-6pm	9 Pilates 7am-7:50am Spinning 7am-7:50am	10 Spinning 7am-7:50am Spinning 12:10pm-1pm Zumba 5:10pm-6pm Yoga 7:30pm-8:20pm	11 Pilates 7am-7:50am Spinning 12:10pm-1pm Yoga 5:10pm-6pm	12 Zumba 12:10pm-1pm Zumba 5:10pm-6pm	13	14 Pilates 10:10am-11am
15 Zumba 5:10pm-6pm Yoga 6pm-6:50pm Zumba 6:10pm-7pm	16 Pilates 7am-7:50am	17 Spinning 7am-7:50am Spinning 12:10pm-1pm Zumba 5:10pm-6pm Zumba 6:10pm-7pm Pilates 7:10pm-8pm Yoga 7:30pm-8:20pm	18 Pilates 7am-7:50am Spinning 12:10pm-1pm Yoga 5:10pm-6pm	19 Spinning 7am-7:50am Zumba 12:10pm-1pm Zumba 5:10pm-6pm	20 Spinning 7am-7:50am	21
22	23 Pilates 7am-7:50am Spinning 7am-7:50am	24 Spinning 7am-7:50am Spinning 12:10pm-1pm	25	26 Kendall: CLOSED	27 Kendall: CLOSED	28
29	30 Pilates 7am-7:50am Spinning 7am-7:50am		MHC Faculty/Staff have exclusive use of Kendall Fitness Center and Drop-In classes Monday-Friday 12n-1pm		Spinning Participants- come early for bike adjustments if you are new to spinning	

Drop-In Class Spaces

Pilates: M,W,Sat - studio 2; Tu – studio 3
Yoga: all classes – studio 2

Spinning: all classes - Fitness Center Mezzanine
Zumba: all classes – studio 3