

MX4 SCHEDULE JANUARY 2019 PONDS*

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------|-----------------------------|--|---------------------------|-------------------------------|--|---|
| 5:30-6:00 KACIE | 5:30-6:00 KACIE | 5:30-6:00 LUCINDA 6:15-6:45 LUCINDA | | 5:30-6:00 MELISSA | 9:30-10:00 TYLER | NO CLASS IN JANUARY |
| 10:00-10:30 DONNA | 10:00-10:30 TYLER | 10:00-10:30 DONNA | 10:00-10:30 KIM | 10:00-10:30 LUCINDA |  | |
| 5:00-5:30 LUCINDA | | 5:00-5:30 MELISSA | | | | |
| | 5:30-6:00 ROBIN | | 5:30-6:00 TRACY | | | Updated 12/15/2018 |

*Starting January 1st the fee is \$10.00 a person; please register at the front desk

MX4 is small group training that revolves around the 4 pillars of fitness: Cardio, Power, Endurance, and Strength. It is a HIIT style workout with group dynamics and personal coaching. Each workout is only 30 min.