

MX4 SCHEDULE MARCH 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 TRACY	5:30-6:00 TRACY	9:30-10:00 TYLER	NO CLASS IN MARCH
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 LARISSA		5:00-5:30 LARISSA				
	5:30-6:00 LUCINDA					Updated 2/24/2019

*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.