



Group Exercise Class Schedule

October 2024

MCAC Hours: Monday-Friday 6:00am-9pm
 Saturday 7:30am-5pm Sunday 7:30am-4pm

Contact us at midcapeathletic.com and at 508-394-3511

MON	TUE	WED	THU	FRI	SAT	SUN
8:15 AM SPINNING with Vana	8:15 AM *TOTAL BODY STATIONS with Marianne	8:15 AM SPINNING with Marianne	8:15 AM *FULL BODY STRENGTH with Linda	8:15 AM SPINNING with Linda	8:15 AM *FULL BODY STRENGTH with Marianne	8:30 AM SPINNING with Eduardo
8:15 AM *CARDIO FIT with Marianne	9:30 AM *CARDIO BARRE with Linda	9:30 AM *WEIGHTS with Linda		8:15 AM *KICK & CORE with Marianne	8:30 AM ROW CIRCUIT with Linda	9:30 AM *YOGA with Jayne
				9:30 AM *BARRE with Jenn	9:15 AM SPINNING with Brandon	
				Sound Bath Restorative Yoga with Jayne Friday, October 11 at 6pm	9:45 AM FALL CHALLENGE with Linda	
	New Class! 5:30 PM SPINNING with Emily					
5:30 PM *FULL BODY STRENGTH with Rebecca	5:30 PM ZUMBA with Alena	5:30 PM *HIIT & STRENGTH with Jenn	New Class! 4:30 PM *PILATES/YOGA with Jan			
5:30 PM SPIN 60 with Peter	5:30 PM ROW + TRX with Rebecca	6:35 PM YOGA FLOW with Sid	5:30 PM SPIN 60 with Peter			
					Tabata for Tatas FUNdraiser event Saturday, October 19 at 9am No other classes that day	

You must sign up for all classes including Zoom classes on your Member Portal

* = Available on Zoom

Please sign up for only ONE morning class each day.

If you cannot attend a class you signed up for, you may cancel for free up to 12 hours before class starts.

If you unregister in under 12 hours you will be charged a \$5 fee.

If you do not show up for a class you are registered for you will be charged a \$10 no-show fee.

- Spinning Studio
First Floor
- Group Ex Studio
Second Floor
- Rowing Studio
Loft - Additional Charges
Apply