



MARGO FOURNIER CENTER (MFC) DROP IN SCHEDULE JANUARY 2021

SINGLE DROP – IN, MFC BULK 5 OR 10 PASS & MONTHLY RECREATION MEMBERSHIP ARE ACCEPTED AT THE MFC.

THE MONTHLY RECREATION PASS CAN BE PURCHASED ONLINE FOR USE AT THE AJFH, MFC or FJD Pool.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Easy Adult Fitness* (G) 9:30 - 10:15 AM 10:30 – 11:15 AM		Easy Adult Fitness* (G) 9:30 - 10:15 AM 10:30 – 11:15 AM		Easy Adult Fitness* (G) 9:30 - 10:15 AM 10:30 – 11:15 AM
Noon Hour Fitness (G) Cardio 12:15 - 12:45 PM	Noon Hour Fitness (G) Boot Camp 12:15 - 12:45 PM	Noon Hour Fitness (G) Yoga Core 12:15 - 12:45 PM	Noon Hour Fitness (G) Step 12:15 - 12:45 PM	Noon Hour Fitness (G) Get Ripped 12:15 - 12:45 PM
	After Work Fitness* Pound/Zumba 5:15 - 6:15 PM		After Work Fitness Yoga 5:15 - 6:15 PM	

(G) Gymnasium (FR) Fitness Room (AR) Aerobics Room

*Easy Adult Fitness - Due to the SK reopen plan, numbers are restricted to seven participants per class until Jan. 15. Please reserve your spot online or call the MFC.

* After work fitness –The Tuesday class will change each week. The first week will be Pound and the following week will be Zumba etc.