



MASSANUTTEN

FITNESS & REC CLUB

Classes are Subject to be Cancelled
Please Call 540.289.4987 to Check Availability

All Classes Require Prior Registration
Classes are \$8 Each

Fitness Studio Schedule

MONDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

6:00 PM
POUND
Unplugged®

TUESDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

WEDNESDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

THURSDAY

9:00 AM
Strength Aerobics

10:00 AM
Resort Yoga

5:30 PM
POUND®

6:30 PM
Zumba®

SATURDAY

9:15 AM
Power Pump®

10:15 AM
Aqua ZUMBA®
*at MFRC Indoor Pool