







# ★ COACH ★ MEL'S GROUP FITNESS

161 Litchfield Road, Harwinton ~ 860-921-0200 ~ [coachmels.com](http://coachmels.com)




## MONDAY

5:45 - 6:30 AM	Coach Mel's Strength Workout (LIVE & Virtual)		Coach Mel
6:45 - 7:30 AM	Coach Mel's Strength Workout (LIVE & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers Classic (Virtual ONLY)		Coach Mel
10:00 - 10:45 AM	SilverSneakers Circuit (Virtual ONLY)		Coach Mel
5:30 - 6:15 PM	Coach Mel's Strength Workout (LIVE & Virtual)		Coach Mel




## TUESDAY

5:45 - 6:30 AM	The Big M.A.C. HIIT (LIVE & Virtual)		Coach Mel
6:45 - 7:30 AM	The Big M.A.C. HIIT (LIVE & Virtual)		Coach Mel
9:00 - 9:45 AM	Cardio for Seniors (Virtual ONLY)		Coach Mel
10:00 - 10:45 AM	SilverSneakers Classic (Virtual ONLY)		Coach Mel
5:30 - 6:15 PM	The Big M.A.C. HIIT (LIVE & Virtual)		Coach Mel





## WEDNESDAY

5:45 - 6:30 AM	Coach Mel's Strength Boot Camp (LIVE & Virtual)		Coach Mel
6:45 - 7:30 AM	Coach Mel's Strength Boot Camp (LIVE & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers Circuit (Virtual ONLY)		Coach Mel
10:00 - 10:45 AM	Cardio for Seniors (Virtual ONLY)		Coach Mel
5:30 - 6:15 PM	Coach Mel's Strength Boot Camp (LIVE & Virtual)		Coach Mel

## THURSDAY

5:45 - 6:30 AM	Totally Tabata (LIVE & Virtual)		Coach Mel
6:45 - 7:30 AM	Totally Tabata (LIVE & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers Classic (Virtual ONLY)		Coach Mel
10:00 - 10:45 AM	Kettlebell for Seniors (Virtual ONLY)		Coach Mel
5:30 - 6:15 PM	Totally Tabata (LIVE & Virtual)		Coach Mel

## FRIDAY


5:45 - 6:30 AM	P90X Live (LIVE & Virtual)		Coach Mel
6:45 - 7:30 AM	P90X Live (LIVE & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers BOOM MUSCLE (Virtual ONLY)		Coach Mel
10:00 - 10:45 AM	SilverSneakers Classic (Virtual ONLY)		Coach Mel
11:00 - 11:45 AM	SilverSneakers BOOM MOVE IT (Virtual ONLY)		Jane
4:30 - 5:15 PM	P90X Live (LIVE & Virtual)		Coach Mel

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OVER 

## SATURDAY

9:00 - 9:45 AM	P90X Live (LIVE & Virtual)		Coach Mel
10:00 - 10:45 AM	Outdoor Walking for Seniors		Coach Mel

Please go to [coachmels.com](http://coachmels.com) to see a description of each class. Due to COVID restrictions drop-ins are not permitted for live classes. Please register for class on our website.

You can sign up for a class up to 1/2 hour prior to the start, if you must cancel please do so 1 hour before the class start time to avoid being charged for the class and to open your spot.

**NOTE: THIS SCHEDULE IS SUBJECT TO CHANGE**



This symbol indicates that this class is SilverSneakers/Renew Active eligible and may be covered by your insurance. Go to [silversneakers.com](https://silversneakers.com) or <https://partner.uhcrenewactive.com> to see if you qualify for free classes!

If you do not qualify for free senior classes, please contact me for pricing.

Drop in Classes are \$12 per class.

### Coach Mel's Offers 2 Membership Options:

12 classes every 4 weeks \$99. +tax

Unlimited \$129 +tax charged every 4 weeks

Please contact me for more information on memberships.