




★ COACH ★ MEL'S GROUP FITNESS

161 Litchfield Road, Harwinton ~ 860-921-0200 ~ coachmels.com




MONDAY

5:45 - 6:30 AM	Cocah Mel's Strength Workout (Live & Virtual)		Coach Mel
6:45 - 7:30 AM	Cocah 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
4:30 - 5:15 PM	Cocah Mel's Strength Workout (Live & Virtual)		Coach Mel
5:30 - 6:15 PM	Cocah 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 SilverSneakers (Virtual Only)		Coach Mel
10:00 - 10:45 AM	SilverSneakers Classic (Virtual Only)		Coach Mel
4:30 - 5:15 PM	The Big M.A.C. HIIT (Live & Virtual)		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 SilverSneakers (Virtual Only)		Coach Mel
4:30 - 5:15 PM	Coach Mel's Strength Boot Camp (Live & Virtual)		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 SilverSneakers (Virtual Only)		Coach Mel
4:30 - 5:15 PM	Totally Tabata (Live & Virtual)		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 (Virtual Only)		Jane
4:30 - 5:15 PM	P90X Live (Live & Virtual)		Coach Mel

OVER 

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SATURDAY

8:00 - 8:45 AM	The Big M.A.C. (Live & Virtual)		Coach Mel
9:00 - 9:45 AM	P90X Live (Live & Virtual)		Coach Mel
10:00 - 10:45 AM	Outdoor Walk for Seniors at Harwinton Sports		Coach Mel

Please go to coachmels.com to see a description of each class. Due to COVID restrictions you MUST pre-register for all live classes. Please register for classes at coachmels.punchpass.com
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 [Silersneakers.com](https://partners.uhcrenewactive.com) or [https:// partners.uhcrenewactive.com](https://partners.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 \$12 per Class

Coach Mel's Offers 2 Live/Virtual Membership Options:

12 Classes every 4 weeks \$99.+ tax

Unlimited Classes \$129. + tax charged every 4 weeks.

NEW MEMBERSHIP OPTION - LIVE VIRTUAL ONLY

Unlimited Virtual ONLY classes - \$59.95 + tax every 4 weeks

Please contact me for more information on memberships.