





# ★ COACH ★ MEL'S GROUP FITNESS

161 Litchfield Road, Harwinton ~ 860-921-0200 ~ [coachmels.com](http://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
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	Kettlebell for SilverSneakers (Virtual Only)		Coach Mel
10:00 - 10:45 AM	Senior Drumming (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 SilverSneakers (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	Jane's Senior Drumming (Virtual Only)		Jane
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 

## 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 [Silversneakers.com](https://silversneakers.com) or <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 OPTIONS (can be purchased online)**

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

Virtual ONLY Classes done through Punchpass Videos - \$19.95 + tax every 4 weeks

**Please contact me for more information on memberships.**