



# ★ COACH ★ MEL'S GROUP FITNESS



161 Litchfield Road, Harwinton ~ 860-485-8948 ~ coachmels.com

CALL OR TEXT



## MONDAY

5:45 - 6:30 AM	Cocah Mel's Strength Workout (In Studio & Virtual)		Coach Mel
6:45 - 7:30 AM	Cocah Mel's Strength Workout (In Studio & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers Classic (LIVE IN STUDIO)		Coach Mel
10:15 - 11:00 AM	SilverSneakers Circuit (Virtual Only)		Coach Mel
5:30 - 6:15 PM	Cocah Mel's Strength Workout (In Studio & Virtual)		Coach Mel



## TUESDAY

5:45 - 6:30 AM	The Big M.A.C. HIIT (In Studio & Virtual)		Coach Mel
6:45 - 7:30 AM	The Big M.A.C. HIIT (In Studio & Virtual)		Coach Mel
9:00 - 9:45 AM	Kettlebell for SilverSneakers (LIVE IN STUDIO)		Coach Mel
10:15 - 11:00 AM	Senior Drumming - Seated (Virtual Only)		Coach Mel
5:30 - 6:15 PM	The Big M.A.C. HIIT (In Studio & Virtual)		Coach Mel




## WEDNESDAY

5:45 - 6:30 AM	Coach Mel's Strength Boot Camp (In Studio & Virtual)		Coach Mel
6:45 - 7:30 AM	Coach Mel's Strength Boot Camp (In Studio & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers Circuit (LIVE IN STUDIO)		Coach Mel
10:15 - 11:00AM	Cardio for SilverSneakers (Virtual Only)		Coach Mel
5:30 - 6:15 PM	Coach Mel's Strength Boot Camp (In Studio & Virtual)		Coach Mel

## THURSDAY



5:45 - 6:30 AM	Totally Tabata (In Studio & Virtual)		Coach Mel
6:45 - 7:30 AM	Totally Tabata (In Studio & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers Classic (LIVE IN STUDIO)		Coach Mel
10:15 - 11:00 AM	Jane's Senior Drumming - Standing (LIVE IN STUDIO)		Jane
5:30 - 6:15 PM	Totally Tabata (In Studio & Virtual)		Coach Mel

## FRIDAY

5:45 - 6:30 AM	P90X Live (In Studio & Virtual)		Coach Mel
6:45 - 7:30 AM	P90X Live (In Studio & Virtual)		Coach Mel
9:00 - 9:45 AM	SilverSneakers BOOM MUSCLE (LIVE IN STUDIO)		Coach Mel
10:15 - 11:00 AM	SilverSneakers BOOM MOVE (LIVE IN STUDIO)		Jane
10:15 - 11:00 AM	SilverSneakers Classic (Virtual Only)		Coach Mel

OVER 

## SATURDAY

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

**Please go to [coachmels.com](https://coachmels.com) to see a description of each class. Due to class size restrictions you MUST pre-register for all live classes. Please register for classes at [coachmels.punchpass.com](https://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.

***1:1 Classes are now Available by Appointment***

*If you are interest in working one-on-one with Coach Mel there are spots available, Mon - Fri. Contact Coach Mel for free consultation and to discuss your options. \$75 per session.*

**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> 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 - \$18 per Class or 10 pack for \$162 (includes tax)

**Two Week Unlimited Group Fitness Trial Membership \$59 +tax**

**We have a variety of memberships available, starting at \$99 +tax per month**

**We aslo have VIRTUAL ONLY MEMBERSHIPS**

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

***SAVE \$\$ SAVE \$\$ SAVE \$\$ WITH AN INTRO PACKAGE***

*Not sure you want to jump right into group classes...*

*We offer a great intro package to get you ready.*

*4 1:1 Classes with Coach Mel followed by*

*two weeks of unlimited classes only \$249. (\$359 value)*

**CONTACT COACH MEL FOR ADDITIONAL INFORMATION**

Prices subject to change