



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

MONDAY

	5:45 AM	6:45 AM	4:30 PM	5:30 PM	
					Coach Mel
					Coach Mel
9:00 - 9:45 AM					Coach Mel
10:15 - 11:00AM					Coach Mel
5:30 - 6:15 PM					Jamie



TUESDAY

	5:45 AM	6:45 AM	5:30 PM	
				Coach Mel
				Coach Mel
9:00 - 9:45 AM				Coach Mel
10:15 - 11:00AM				Coach Mel
5:30 - 6:15 PM				Jane



WEDNESDAY

	5:45 AM	6:45 AM	4:30 PM	5:30 PM	
					Coach Mel
					Coach Mel
9:00 - 9:45 AM					Coach Mel
10:15 - 11:00AM					Coach Mel



THURSDAY

	5:45 AM	6:45 AM	5:30 PM	
				Coach Mel
				Coach Mel
9:00 - 9:45 AM				Coach Mel
10:15 - 11:00 AM				Jane
10:15 - 11:00 AM				Coach Mel
11:15 - 12:15 AM				Gail
5:30 - 6:30 PM				Kelli



FRIDAY

	5:45 AM	6:45 AM	
			Coach Mel
			Coach Mel
9:00 - 9:45 AM			Coach Mel
10:15 - 11:00 AM			Jane
10:15 - 11:00 AM			Coach Mel



SATURDAY

	9:00 - 9:45 AM	10:00 - 10:45 AM	
			Coach Mel
			Coach Mel



Please go to 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.

NOTE: THIS SCHEDULE AND PRICING IS SUBJECT TO CHANGE - CHECK WEBSITE FOR MOST UP TO DATE INFORMATION - SPECIALTY CLASSES ARE NOT INCLUDED IN COACH MEL'S MEMBERSHIPS AND ARE NOT ALWAYS RUNNING



This symbol indicates that this class is SilverSneakers/Renew Active eligible and may be covered by your insurance. Go to Silversneakers.com or <https://partners.uhcrenewactive.com> to see if you qualify for free classes! If you do not have coverage please contact me for pricing.