

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

MONDAY

	5:45 AM	6:45 AM	4:30 PM	5:30 PM		Coach Mel
	Cocah Mel's Strength Workout (In Studio & Virtual)					Coach Mel
9:00 - 9:45 AM	SilverSneakers Classic (LIVE IN STUDIO)					Coach Mel
10:15 - 11:00AM	SilverSneakers Circuit (Virtual Only)					Coach Mel
5:30 - 6:15 PM	Specialty Class - Barre - Stretch and Tone					Jamie
TUESDAY						
	5:45 AM	6:45		5:30 PM		Coach Mel
	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 - 11:00AM	Senior Drumming - Seated (Virtual Only)					Coach Mel
5:30 - 6:15 PM	Specialty Class - Fitness Drumming					Jane
WEDNESDAY						
	5:45 AM	6:45 AM	4:30 PM	5:30 PM		Coach Mel
	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
THURSDAY						
	5:45 AM	6:45		5:30 PM		Coach Mel
	Totally Tabata (In Studio & Virtual)					Coach Mel
9:00 - 9:45 AM	SilverSneakers Classic (LIVE IN STUDIO)				FLEX	Coach Mel
10:15 - 11:00 AM	Jane's Senior Drumming - Standing (LIVE IN STUDIO)					Jane
10:15 - 11:00 AM	SilverSneakers Classic (LIVE IN STUDIO)					Coach Mel
11:15 - 12:15 AM	Chair Yoga (In Studio & Virtual)					Gail
5:30 - 6:30 PM	Specialty Class - Slow Flow Vinyasa Yoga					Kelli
FRIDAY						
	5:45		C 4E 4	N A		Coach Mel
			6:45 A	NIVI		
	P90X Live (In Studio	o & Virtual)			100	Coach Mel
9:00 - 9:45 AM	P90X Live (In Studio SilverSneakers BOC	o & Virtual) OM MUSCLE (I	LIVE IN STUD	IO)	FLEX	Coach Mel Coach Mel
10:15 - 11:00 AM	P90X Live (In Studio SilverSneakers BOC SilverSneakers BOC	o & Virtual) DM MUSCLE (I DM MOVE (LIV	LIVE IN STUD 'E IN STUDIO	IO)	FLEX	Coach Mel Coach Mel Jane
	P90X Live (In Studio SilverSneakers BOC	o & Virtual) DM MUSCLE (I DM MOVE (LIV sic (Virtual O	LIVE IN STUD 'E IN STUDIO nly)	IO)	100	Coach Mel Coach Mel
10:15 - 11:00 AM 10:15 - 11:00 AM	P90X Live (In Studio SilverSneakers BOC SilverSneakers BOC SilverSneakers Clas	o & Virtual) OM MUSCLE (I OM MOVE (LIV sic (Virtual O SATURI	LIVE IN STUD 'E IN STUDIO nly)	IO)	FLEX	Coach Mel Coach Mel Jane Coach Mel
10:15 - 11:00 AM	P90X Live (In Studio SilverSneakers BOC SilverSneakers BOC	o & Virtual) OM MUSCLE (I OM MOVE (LIV sic (Virtual O SATURE o & Virtual)	LIVE IN STUD 'E IN STUDIO nly) DAY	IO)	FLEX	Coach Mel Coach Mel Jane

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