

# MFC Recreation January 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Fitness Assistants are available 6AM-8:45PM for Personal Training Sessions 793-4803		1	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class 6-9 Basketball 2	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball3	6-3:30 open gym for adults 12-1 Noon-Ball 6 movie night 6-9 Basketball4	Open gym 6-9 pm5
Times may change please contact MFC at 715-793-4080 6	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class 6-9 Basketball 7	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball 8	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class 6-9 Basketball9	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball10	6-3:30 open gym for adults 12-1 Noon-Ball 6 movie night 6-9 Basketball11	Open gym 6-9 pm12
13	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class 6-9 Basketball 14	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball 15	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class POKER Fitness 6-9 Basketball16	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball17	6-3:30 open gym for adults 12-1 Noon-Ball 6 movie night 6-9 Basketball18	Open gym 6-9 pm19
20	Holiday 21	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball 22	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class 6-9 Basketball23	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball24	6-3:30 open gym for adults 12-1 Noon-Ball 6 movie night 6-9 Basketball25	Open gym 6-9 pm26
27	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class 6-9 Basketball 28	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball 29	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 Strong bones exercise class 6-9 Basketball30	6-3:30 open gym for adults 12-1 Noon-Ball 4:45 adult water aerobics 6-9 Basketball31		