# February 2022 ARCC Calendar

**February Group Fitness Schedule**

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
<th>SUNDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-11 am Rec Swim</td>
<td>6:30-7:30 am: INDOOR CYCLE</td>
<td>10-11 am: RESTORATIVE YOGA</td>
<td>6:30-7:30 am: HIIT MIX</td>
<td>10-11 am: INDOOR CYCLE</td>
<td>CLOSED</td>
<td>12-7 pm</td>
</tr>
<tr>
<td>5:30-6:30 pm: PUMPED</td>
<td>5:30-6:15 pm: ZUMBA</td>
<td>4:30-5:15 pm: YOGA FLOW</td>
<td>12-12:45 pm: ZUMBA GOLD</td>
<td>1-3 pm Rec Swim</td>
<td></td>
<td>1-3 pm Rec Swim</td>
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<tr>
<td></td>
<td>5:30-6:30 pm: INDOOR CYCLE</td>
<td>5:30-6:15 pm: TONE &amp; CORE</td>
<td>5:30-6:30 pm: CYCLE EXPRESS</td>
<td></td>
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<tr>
<td></td>
<td>6:30-7:30 pm: GENTLE YOGA</td>
<td>6:30-7:30 pm: PUMPED</td>
<td>6:15-6:45 pm: 1/2 PUMPED</td>
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<td></td>
<td></td>
</tr>
</tbody>
</table>

Questions about Group Fitness Classes?
Contact Lisa Martin:
301-447-3810
lmartin@msmary.edu
or visit:
www.msmary.edu/fitness

Group Fitness Classes are free for Mount Students!

This calendar is emailed monthly to everyone in the Mount Community as well as all ARCC Members. Please watch your inbox for the calendar each month. If you don’t see the email in your inbox, please check your junk and spam folders. If you are not receiving this email, please contact Beth Raub at raub@msmary.edu. This schedule is subject to change without notice.

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### CALENDAR KEY

- **RED** - ARCC HOURS
- **BLACK** - POOL HOURS

When the ARCC is closed, the pool is also closed.