






JANUARY 2022 ARCC CALENDAR

Updated
1/18/22

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
3 6 am-8 pm 9 am-1 pm: Rec Swim	4 6 am-8 pm 9 am-1 pm: Rec Swim	5 6 am-8 pm 9 am-1 pm: Rec Swim	6 6 am-4:30 pm Women's BB Game 7 pm	7 6 am-8 pm	8 CLOSED Women's BB Game 1 pm	9 CLOSED BREAK HOURS
10 6 am-8 pm 9 am-1 pm: Rec Swim	11 6 am-8 pm 9 am-1 pm: Rec Swim	12 6 am-8 pm 9 am-1 pm: Rec Swim	13 6 am-8 pm	14 6 am-8 pm	15 CLOSED Women's BB Game 1 pm	16 CLOSED BREAK HOURS
17 CLOSED Martin Luther King Jr. Day Women's BB Game 2 pm	18 6 am-10 pm 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim	19 6 am-10 pm 10-11 am: Rec Swim 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim	20 6 am-10 pm 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim	21 6 am-4:30 pm Men's BB Game 7 pm	22 12-7 pm POOL CLOSED	23 CLOSED Men's BB Game 2 pm
24 6 am-10 pm 10-11 am: Rec Swim 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim	25 6 am-10 pm 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim	26 6 am-10 pm 10-11 am: Rec Swim 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim	27 6 am-4:30 pm Women's BB Game 7 pm	28 6 am-8 pm 10-11 am: Rec Swim 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim	29 CLOSED Women's BB Game 2 pm Men's BB Game 5pm	30 12-7 pm POOL CLOSED
31 6 am-10 pm 10-11 am: Rec Swim 6:30-8 pm: 3 lanes lap swim 1/2 shallow end: Rec Swim						

January Group Fitness Schedule *(Most classes begin the week of January 3, 2022)*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Questions about Group Fitness Classes? Contact Lisa Martin: 301-447-3810 lmartin@msmary.edu or visit: www.msmary.edu/fitness
10-11 am PUMPED 5:30-6:30 pm: PUMPED	6:30-7:30 am: INDOOR CYCLE 5:30-6:15 pm: ZUMBA 5:30-6:30 pm: INDOOR CYCLE 6:30-7:30 pm: GENTLE YOGA	10-11 am: RESTORATIVE YOGA 4:30-5:15 pm: YOGA FLOW 5:30-6:15 pm: TONE & CORE 6:30-7:30 pm: PUMPED	6:30-7:30 am: HIIT MIX 12-12:45 pm: ZUMBA GOLD 5:30-6 pm: CYCLE EXPRESS 6:15-6:45 pm: 1/2 PUMPED	10-11 am: INDOOR CYCLE	

The monthly calendars as well as updates and reminders are emailed to members of the Mount Community and ARCC Members monthly. Please watch your inbox. If you don't see the email, 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.**

CALENDAR KEY
RED - ARCC HOURS
BLACK - POOL HOURS
 When the ARCC is closed, the pool is also closed.