

AUGUST 2022 ARCC & POOL CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 6 am-8 pm Rec Swim: 10:30 am-7:30 pm	2 6 am-8 pm Rec Swim: 10:30 am-3:00 pm	3 6 am-8 pm Rec Swim: 10:30 am-7:30 pm	4 6 am-8 pm Rec Swim: 10:30 am-7:30 pm	5 6 am-8 pm Rec Swim: 10:30 am-7:30 pm Field House: CLOSING at 2 pm	6 8 am-5pm Rec Swim: 11 am-4 pm Field House: CLOSED	7 CLOSED
8 6 am-8 pm Rec Swim: 10:30 am-7:30 pm	9 6 am-8 pm Rec Swim: 10:30 am-7:30 pm	10 6 am-8 pm Rec Swim: 10:30 am-3:00 pm 5:00 pm-7:30 pm	11 6 am-8 pm Rec Swim: 10:30 am-7:30 pm	12 6 am-8 pm Rec Swim: 10:30 am-7:30 pm	13 8 am-5 pm Rec Swim: 11 am-4 pm	14 CLOSED
15 6 am-8 pm POOL CLOSED	16 6 am-8 pm POOL CLOSED Field House: CLOSING at 4 pm	17 6 am-8 pm POOL CLOSED	18 6 am-8 pm POOL CLOSED	19 6 am-8 pm POOL CLOSED	20 8 am-5 pm POOL CLOSED Field House: TBD	21 CLOSED
22 6 am-10 pm POOL: TBD Field House CLOSED from 9 am-2 pm	23 6 am-10 pm POOL: TBD	24 6 am-10 pm POOL: TBD	25 6 am-10 pm POOL: TBD	26 6 am-8 pm POOL: TBD	27 12 pm-7 pm POOL: TBD Field House: TBD	28 12 pm-7 pm POOL: TBD Field House: TBD
29 6 am-10 pm POOL: TBD	30 6 am-10 pm POOL: TBD	31 6 am-10 pm POOL: TBD	CALENDAR KEY RED - ARCC HOURS BLACK - POOL HOURS When the ARCC is closed, the pool is also closed.			



Summer Group Fitness Class Schedule (May 31- August 11)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
9-10 AM Step & Strength 5:30- 6:30 PM Pumped	9-10 AM Indoor Cycle 4:30- 5:15 PM Zumba 5:30- 6:30 PM Indoor Cycle 6-7 PM Gentle Yoga	6:30- 7:30 AM Indoor Cycle 9-10 AM Restorative Yoga 5:30- 6:15 PM Tone & Core 6:30- 7:30 PM Pumped	5:30- 6 PM Cycle Express 6:15- 6:45 PM 1/2 Pumped

Questions about Group Fitness Classes?

Contact Lisa Martin:
301-447-6873
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 Lisa Martin at lmartin@msmary.edu **This schedule is subject to change without notice.**