



Beachbody On Demand Classes

Want to try something new?

MC Fitness Center is now offering On Demand Classes from Beachbody. We want to invite **Employees and Students** to come by and participate in classes offered through out the Fall Semester.

Class Day: Monday—Thursday

Class Times: 7:00 am - 8:00 am

12:00 pm - 1:00 pm

5:00 pm - 6:00 pm & 7:30 pm-8:30pm

Friday Classes: 3:00 pm -4:00pm

October Classes

Monday & Wednesday

Piyo

Tuesday & Thursday

Yoga (starts @ 5:20)

Friday: Class Choice

Want a Private Class or have a Group that would like to work out together?

Call or email the Fitness Center to Schedule your On Demand Class today.

Ph: 432-685-6897 or E-mail: sanderson@midland.edu