

# MOG Schedule



<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
5:45 AM – 6:30 AM Fit4Life <b>FULL</b>	5:45 AM – 6:30 AM <b>Women on Weights</b>	5:45 AM – 6:30 AM Fit4Life <b>FULL</b>	5:45 AM – 6:30 AM <b>Women on Weights</b>	5:45 AM – 6:30 AM Fit4Life <b>FULL</b>
7:00 AM – 7:45 AM <b>Fit4Life</b>	7:00 AM – 7:45 AM <b>Women on Weights</b>	7:00 AM – 7:45 AM <b>Fit4Life</b>	7:00 AM – 7:45 AM <b>Women on Weights</b>	7:00 AM – 7:45 AM <b>Fit4Life</b>
8:15 AM – 9:00 AM Fit4Life <b>FULL</b>	8:15 AM – 9:00 AM <b>Fit4Life</b>	8:15 AM – 9:00 AM Fit4Life <b>FULL</b>	8:15 AM – 9:00 AM <b>Fit4Life</b>	8:15 AM – 9:00 AM Fit4Life <b>FULL</b>
9:00 AM – 9:30 AM <b>Open Gym</b>	9:00 AM – 9:45 AM <b>Open Gym</b>	9:00 AM – 9:30 AM <b>Open Gym</b>	9:00 AM – 9:45 AM <b>Open Gym</b>	9:00 AM – 9:30 AM <b>Open Gym</b>
9:30 AM – 10:30 AM <b>Open Gym</b>	9:45 AM- 10:30 AM <b>Fit4Life</b>	9:30 AM – 10:30 AM <b>Open Gym</b>	9:45 AM – 10:30 AM <b>Fit4Life</b>	9:30 AM – 10:30 AM <b>Open Gym</b>
10:30 AM – 12:00 PM <b>Open Gym</b>	11:00 AM – 11:45 AM <b>Women on Weights</b>	10:30 AM – 12:00 PM <b>Open Gym</b>	11:00 AM – 11:45 AM <b>Women on Weights</b>	9:30 AM – 12:00 PM <b>Open Gym</b>
12:30 PM – 1:00 PM <b>Open Gym</b>	12:30 PM – 1:00 PM <b>Open Gym</b>	12:30 PM – 1:00 PM <b>Open Gym</b>	12:30 PM – 1:00 PM <b>Open Gym</b>	
1:00 PM – 2:00 PM <b>Open Gym</b>	1:00 PM – 2:00 PM <b>Open Gym</b>	1:00 PM – 2:00 PM <b>Open Gym</b>	1:00 PM – 2:00 PM <b>Open Gym</b>	
2:00 PM – 2:45 PM <b>Fit4Life</b>	2:00 PM – 3:00 PM <b>Open Gym</b>	2:00 PM – 2:45 PM <b>Fit4Life</b>	2:00 PM – 3:00 PM <b>Open Gym</b>	
	3:00 PM – 3:45 PM <b>Women on Weights</b>		3:00 PM – 3:45 PM <b>Women on Weights</b>	

**Availability of Wellness Center may vary.**

Contact Michael Melchert at 515-382-7114.

**Class Formats**

**Fit 4 Life** (attendees choice, majority cardio or half cardio/half weights)

**Women on Weights** (15 min. cardio, total body circuit training)

**Open Gym** (come & go exercise during set times throughout each day)