



The Workout Club & The Marshfield Recreation Department
are excited to collaborate and bring you:

CLUB Rec Studio - Spring 2024

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6AM CLUB Circuit <i>Molly</i>	6AM CLUB Pilates <i>Molly</i>	6AM CLUB Tabata <i>Wendy</i>		6AM CLUB Fit <i>Colleen</i>	
			7AM CLUB Muscle <i>Mike</i>	7AM CLUB Blast <i>Wendy</i>		7AM CLUB Muscle <i>Molly</i>
8AM CLUB Blast <i>Wendy</i>	8:15AM CLUB Box <i>Wendy</i>	8:15AM CLUB Cardio & Strength <i>Liz</i>		8:15AM CLUB Pilates <i>Molly</i>	8:15AM CLUB Circuit <i>Molly</i>	8AM CLUB Kickboxing <i>Wendy</i>
9AM Zumba <i>Sarah D.</i>	9:15AM CLUB Muscle <i>Molly</i>	9:15AM CLUB Bands <i>Mike</i>		9:15AM CLUB Muscle <i>Molly</i>	9:15AM CLUB Bums & Tums <i>Wendy</i>	9AM Zumba <i>Chrissy</i>
<i>Purchase your class pack or membership at: https://marshfieldma.myrec.com</i>						
	5PM Strong Nation <i>Sarah D.</i>			5PM Zumba <i>Sarah D.</i>	<p>Stay tuned for a Spring Bootcamp at Coast Guard Hill!</p> <ul style="list-style-type: none"> • All classes are 45 minutes. • Schedule is subject to change. • Classes must have at least 3 participants to run. • Please cancel at least 2 hours before class begins. • Check Glofox for schedule updates and additions! 	
	6PM Healthy Habitz (virtual) <i>Kicks off 4/21/24</i>	6PM Zumba <i>Chrissy</i>	6PM CLUB Cardio & Strength <i>Liz</i>			