



**MASSACHUSETTS**  
**FITNESS**  
**& REC CLUB**

**MONDAY**

C 9:00 AM  
10:00 AM

**TUESDAY**

C 9:00 AM  
10:00 AM  
  
K 5:00 PM  
6:30 PM

**WEDNESDAY**

C 9:00 AM  
10:00 AM

**THURS**

C 9:00 AM  
10:00 AM  
  
5:00 PM

**FRIDAY**