

CLUB EVENTS

- WED 04 **Keynote Speaker Series ft. Dr. Roger Landry** | Details on MTL
- WED 04 Live Music at June Hill's Table ft. Migel Tristan | 6PM
- THU 05 Jukebox Bingo | 6:30PM
- FRI 06 Blood Drive | 9AM
- FRI 06 Coffee Talk | 10AM
- FRI 06 #MTL 101 | 1:30PM
- SUN 08 Pro Basketball Watch Party | Details on MTL
- WED 11 Live Music at June Hill's Table ft. Tony Grandberry | 6PM
- THU 12 Jiggering with June Hill's Table ft. Christopher Davis | 5PM
- SAT 14 Cornhole Tournament | 10:30AM
- SAT 14 Movie Night: Nonnas | 5PM
- MON 16 **Trilogy® Spirits Week Begins!** *June 16th-22nd*
- WED 18 Jiggering with Joselyne | 5PM
- WED 18 Live Music at June Hill's Table ft. Lizann | 6PM
- THU 19 New 1078 Cocktail Tasting | 3PM
- FRI 20 Spirits Week Speakeasy | 6PM
- SAT 21 Juneteenth Celebration | 6:30PM
- WED 25 Cooking Demo | 3PM
- WED 25 Line Dancing | 4:30PM
- WED 25 Live Music at June Hill's Table ft. Chris L. | 6PM
- THU 26 Bingo Night | 6:30PM
- FRI 27 Comedy Night | 7PM
- SAT 28 Blues, Brews & BBQ ft. Bone Thumpers | 6:30PM

RECURRING EVENTS

WED Live Music in June Hill's Table | 6-8PM

Events and details are subject to change at any time. Please visit MTL for the most current list of events.

Movement CALENDAR

MONDAY

- 7:15AM ● Gentle Flow Yoga
- 8:15AM ● Hatha Yoga
- 8:30AM ● Sweat Camp
- 9:30AM ● PPL Strength Circuit
- 10:30AM ● Water Aerobics ∞
- 11:30AM ● Easy Flow Cardio
- 11:30AM ● Indoor Cycling
- 12:30PM ● Sit & Fit ∞
- 5:15PM ● Full Body Free Weight Circuit

TUESDAY

- 7:15AM ● Full Body Strength Conditioning
- 8:30AM ● PPL Circuit
- 9:30AM ● Circuit Training HIIT
- 10:30AM ● Water Aerobics ∞
- 10:30AM ● Core & Breathwork
- 4:15PM ● A-Set
- 5:15PM ● Boxing

WEDNESDAY

- 8:00AM ● Indoor Cycling
- 8:30AM ● Water Aerobics
- 8:30AM ● Sweat Camp
- 9:30AM ● Core, Resistance, & Stretch
- 9:30AM ● Chair-Core Zumba
- 9:30AM ● PPL Strength Circuit
- 10:30AM ● Easy Flow Cardio
- 11:30AM ● Rolling for Recovery
- 4:15PM ● Core & Breathwork
- 5:15PM ● Full Body Free Weight Circuit

THURSDAY

- 7:15AM ● Rise & Grind
- 8:15AM ● Rolling for Recovery
- 9:30AM ● Circuit Training HIIT
- 10:30AM ● Zumba
- 10:30AM ● Water Aerobics ∞
- 11:30AM ● Boxing
- 11:30AM ● Dynamic Balance
- 12:30PM ● Sit & Fit ∞

FRIDAY

- 7:15AM ● Indoor Cycling
- 7:15AM ● Gentle Flow Yoga
- 8:15AM ● Hatha Yoga
- 8:30AM ● Sweat Camp
- 9:15AM ● Chair-Core Zumba
- 9:30AM ● PPL Circuit
- 10:30AM ● Water Aerobics ∞
- 11:30AM ● Easy Flow Cardio

SATURDAY

- 11:00AM ● Circuit Training HIIT
- 12:00PM ● Indoor Cycling

GROUP CLASSES

- 2PALMS ● THE FLOW
- RESORT POOL ● SUNSET DECK
- *VIRTUAL OPTION AVAILABLE

∞ SILVERSNREAKERS® INFINITY CLASS

Complimentary with eligible Insurance Qualified Benefit

Classes and instructors subject to change at any time.
See MTL for the most current schedule and details.