

# FITNESS SCHEDULE FALL 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin M/W/F</b> <b>5:45-6:45 a.m.</b> 270001-A1, \$115/\$130 20 classes, no 9/6 270001-A2, \$120/\$240 21 classes Instructor: Ron/Jen Gym	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 270012-B1, \$32/\$64 6 classes, no 9/7 270012-B2, \$32/\$64 6 classes, no 11/2 Instructor: Jerry Gym	<b>Spin M/W/F</b> <b>5:45-6:45 a.m.</b> 270001-A1, \$115/\$130 20 classes, no 9/6 270001-A2, \$120/\$240 21 classes Instructor: Ron/Jen Gym	<b>Hardcore Bootcamp</b> <b>5:40-6:45 a.m.</b> 270012-C1, \$32/\$64 6 classes, 9/16 270012-C2, \$37/\$74 7 classes Instructor: Jerry Gym	<b>Spin M/W/F</b> <b>5:45-6:45 a.m.</b> 270001-A1, \$115/\$130 20 classes, no 9/6 270001-A2, \$120/\$240 21 classes Instructor: Ron/Jen Gym		<b>Chair Yoga</b> <b>10:15-11 a.m.</b> 270022-B1, \$21/\$42 4 classes, no 10/10, 17, 24 270022-B2, \$32/\$64 6 classes, no 12/19 Instructor: Mandy
<b>Salsa Fit</b> <b>9-10 a.m.</b> 270032-A1, \$35/\$70 5 classes, no 9/6, 10/11 270032-A2, \$49/\$98 7 classes Instructor: Kelly	<b>Total Body Strength</b> <b>8:30-9:30 a.m.</b> 270016-A1, \$49/\$98 7 classes 270016-A2, \$49/\$98 7 classes Instructor: Jen	<b>Sunrise Yoga</b> <b>7:30-8:30 a.m.</b> 270073-A1, \$49/\$98 7 classes 270073-A2, \$49/\$98 7 classes Instructor: Jaime	<b>Barre</b> <b>8:45-9:30 a.m.</b> 270077-A1, \$37/\$74 7 classes 270077-A2, \$37/\$74 7 classes Instructor: Jen	<b>Functional Strength</b> <b>9-10 a.m.</b> 270014-B2, \$40/\$80 7 classes Instructor: Jodi		
<b>TRX</b> <b>9-9:30 a.m.</b> 270076-A1, \$18/\$36 5 classes, no 9/6, 10/11 270076-A2, \$25/\$50 7 classes Instructor: Jess Gym A	<b>Pilates with Props</b> <b>9:30-10:30 a.m.</b> 270028-A1, \$49/\$98 7 classes 270028-A2, \$49/\$98 7 classes Instructor: Deb G.	<b>Salsa Fit</b> <b>9-10 a.m.</b> 270032-B1, \$49/\$98 7 classes 270032-B2, \$49/\$98 7 classes Instructor: Kelly	<b>Chair Circuit</b> <b>9:15-10 a.m.</b> 270008-B1, \$16/\$32 3 classes, no 9/16, 10/7, 14, 21 270008-B2, \$37/\$74 7 classes Instructor: Mandy	<b>Yin/Yang Yoga</b> <b>10:30-11:30 a.m.</b> 270023-A1, \$49/\$98 7 classes 270023-A2, \$49/\$98 7 classes Instructor: Sharon		
<b>Chair Classic</b> <b>10-10:45 a.m.</b> 270015-V1, \$30/\$60 6 classes, no 9/6 270015-V2, \$35/\$70 7 classes Instructor: Jerry Gym A	<b>Silver Sneakers Circuit/Yoga</b> <b>10:45-11:45 a.m.</b> 270021-A1, \$42/\$84 6 classes, no 10/12 270021-A2, \$42/\$84 6 classes, no 11/2 Instructor: Jess Gym A	<b>Silver Sneakers Classic</b> <b>10-10:45 a.m.</b> 270015-B1, \$37/\$74 7 classes 270015-B2, \$37/\$74 7 classes Instructor: Jess/Jerry Gym A	<b>Aqua Therapy</b> <b>10:30-11:15 a.m. T/Th</b> 270041-A1, \$73/\$147 14 classes 270041-A2, \$73/\$147 14 classes Instructor: Dorinda	<b>Silver Sneakers Stability</b> <b>11:45-12:30 p.m.</b> 270019-A1, \$32/\$64 6 classes, no 10/8 270019-A2, \$32/\$64 7 classes Instructor: Jess Gym A		
<b>Functional Strength</b> <b>10:15-11:15 a.m.</b> 270014-A2, \$35/\$70 6 classes, 10/25 Instructor: Jodi	<b>Aqua Therapy T/Th</b> <b>10:30-11:15 a.m.</b> 270041-A1, \$73/\$147 14 classes 270041-A2, \$73/\$147 14 classes Instructor: Dorinda	<b>Chair Classic</b> <b>10-10:45 a.m.</b> 270015-Z1, \$35/\$70 7 classes 270015-Z2, \$35/\$70 7 classes Instructor: Jess/Jerry Gym A	<b>Chair Yoga</b> <b>10:15-11 a.m.</b> 270022-A1, \$16/\$32 3 classes, no 9/16, 10/7, 14, 21 270022-A2, \$35/\$70 7 classes Instructor: Mandy			
<b>Chair Circuit</b> <b>11-11:45 a.m.</b>	<b>Aqua Therapy T/Th</b> <b>11:20 a.m.-12:05 p.m.</b>	<b>Gentle Yoga</b> <b>10:30-11:30 a.m.</b>	<b>Aqua Therapy T/Th</b> <b>11:20 a.m.-12:05 p.m.</b>			

<b>11:45 a.m.</b> 270008-V1, \$30/\$60 6 classes, no 9/6 270008-V2, \$35/\$60 7 classes Instructor: Jerry Gym A	<b>11:25 a.m./12:05 p.m.</b> 270041-B1, \$73/\$147 14 classes 270041-B2, \$73/\$147 14 classes Instructor: Dorinda	<b>10:00/11:00 a.m.</b> 270046-A1, \$49/\$98 7 classes 270046-A2, \$49/\$98 7 classes Instructor: Sharon	<b>11:25 a.m./12:05 p.m.</b> 270041-B1, \$73/\$147 14 classes 270041-B2, \$73/\$147 14 classes Instructor: Dorinda			
<b>Silver Sneakers Classic</b> <b>10-10:45 a.m.</b> 270015-A1, \$32/\$64 6 classes, no 9/6 270015-A2, \$37/\$74 7 classes Instructor: Jerry; Gym A		<b>Chair Circuit</b> <b>11-11:45 a.m.</b> 270008-Z1, \$35/\$70 7 classes 270008-Z2, \$35/\$70 7 classes Instructor: Jess/Jerry Gym A	<b>Begin to Spin</b> <b>6:45-7:30 p.m.</b> 270002-B1, \$37/\$74 7 classes 270002-B2, \$37/\$74 7 classes Instructor: Ron			
<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m.</b> 270008-A1, \$32/\$64 6 classes, no 9/6 270008-A2, \$37/\$74 7 classes Instructor: Jerry Gym A		<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m.</b> 270008-C1, \$37/\$74 7 classes 270008-C2, \$37/\$74 7 classes Instructor: Jess/Jerry Gym A	<b>1st Year Tai Chi</b> <b>5:30-6:45 p.m.</b> 270029-A1, \$61/\$122 7 classes 270029-A2, \$61/\$122 7 classes Instructor: George			
<b>Kettlebells</b> <b>12:15-12:45 p.m.</b> 270075-A1, \$18/\$36 5 classes, no 9/6, 10/11 270075-A2, \$25/\$50 7 classes Instructor: Jess Gym A	<b>Begin to Spin</b> <b>6:45-7:30 p.m.</b> 270002-A1, \$37/\$74 7 classes 270002-A2, \$37/\$74 6 classes, no 11/2 Instructor: Ron	<b>Corefusion</b> <b>5:20-6:20 p.m.</b> 270055-A1, \$49/\$98 7 classes 270055-A2, \$49/\$98 7 classes Instructor: Dorinda Studio	<b>Continuing Tai Chi</b> <b>7-8:15 p.m.</b> 270030-A2, \$61/\$122 7 classes Instructor: George			
<b>Pilates Level 2</b> <b>4:15-5:15 p.m.</b> 270047-A1, \$42/\$84 6 classes, no 9/6 270047-A2, \$49/\$98 7 classes Instructor: Margherita						
<b>Yoga Foundations</b> <b>6-7 p.m.</b> 270071-A1, \$35/\$70 5 classes, no 9/6, 10/4 270071-A2, \$49/\$98 Instructor: Jaime						

## FALL FITNESS CLASSES

**Session 1: Tues, Sept 7- Sun, Oct 24**

**Session 2: Mon, Oct 25- Sun, Dec 19**

No regularly scheduled classes are held 11/22-11/28

Stay tuned for Giving Week schedule posted in November

First fee listed is for MCC Member, second fee is for non-members

See class descriptions on pages 34-35

For help finding the right class for your needs, see page 33

Please check your receipt for information updated after printing of brochure

### KEY

- Class is in Gym
- Class is in Pool
- Class is in studio
- Class is Virtual via zoom
- Class is in Community Room

