



HEALTH & FITNESS SEMINARS

COLDS, COUGHS, and FLUS: How to take care of yourself naturally!

Do you run to the doctor as soon as you catch a cold? Are you tired of only being given antibiotics, if anything? Did you know there are many ways to prevent and treat respiratory infections naturally? Join Fran Storch, N.D., naturopathic physician, to find out natural ways to help yourself and your family!

Location: CC Community Room
Date: Wed., Jan. 25th
Time: 6:30 p.m.
Fee: FREE for members, \$10 for non-members
Activity #: (370091-A)

INTEGRATE YOUR WORKOUT!

Are you confused about what the most important pieces of working out are for you? Do you have trouble remembering to stretch, or wondering if strengthening is important for your fitness goals? Learn the 5 key components of an integrated workout and how to fit them all into your weekly routine. (cardiovascular, strength, core, balance and flexibility)

Instructor: Jodi Farno
Location: Exercise Studio
Date: Wed., Feb. 15th
Time: 12-1 p.m.
Fee: FREE for members, \$10 for non-members
Activity #: (370091-B)

ACHES and PAINS: How to Treat Arthritis, Fibromyalgia, and Other Aches Naturally!

Do you have arthritis or joint pain? Have you been diagnosed with fibromyalgia? Do you work hard and just have aches and pains that you'd like to treat? Join Fran Storch, N.D., naturopathic physician to find out how to treat that aching back, knee or anything else that hurts, naturally!

Location: CC Community Room
Date: Wed., Mar. 8th
Time: 6:30 p.m.
Fee: FREE for members, \$10 for non-members
Activity #: (370091-C)



WORKSHOPS

NEW YEAR, NEW YOU: Mindfulness Made Easy

News about Mindfulness is everywhere. What is mindfulness, and how do you practice it to enhance your health and well-being? In this 4-week course, you will get the information and practice to apply mindfulness to your everyday life. Course materials will be provided along with on-line resources for practicing mindfulness.

Dr. Nanette Tummers is a holistic stress management instructor and has studied Duke University Koru Mindfulness and Mindfulness Based Stress Reduction (MSBR)

Location: CC Teen Center
Dates: Tues., Jan. 17, 24, 31, Feb. 7
Time: 6:30-7:45 p.m.
Fee: \$45 for members, \$90 for non-members
Activity #: (370095-A)

BRAIN POWER and BALANCE

This program combines specific activities to improve memory, reasoning, language, and problem solving skills. In addition you will learn age appropriate exercises to strengthen the core and reduce the risk of falling.

Location: CC Community Room
Dates: Fri., Jan. 13 & 20 (370095-B)
 Fri., Mar. 3 & 10 (370095-C)
Time: 12-12:45 p.m.
Instructor: Jessica Tracy
Fee: \$10 per two-day session for members, \$20 for non-members

STRENGTH TRAINING FOR TEENS

Do you like to lift weights? Do you want your workouts to be more effective. Learn how to train properly. This class will take on three or more common free weight lifts and teach you hints to get the most out of your workout.

Location: CC Fitness Center and Studio
Date: Tuesday, March 14
Time: 3-4 p.m.
Instructor: Conor Hackett
Fee: \$5 for members, \$10 for non-members
Activity #: 370095-D



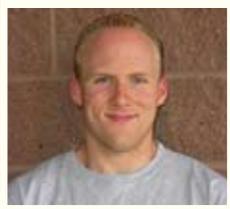
PERSONAL TRAINERS



Jerry Kleinman
860-617-1161



Mandy Ivory
860-933-4852



Conor Hackett
860-882-3671



Jodi Farno
860-966-0594



Jessica Tracy
860-429-3015



Deb Grenier
860-208-6763
Private Pilates Instruction

PERSONAL TRAINING PACKAGES

Register for Body Composition, Nutritional Counseling, and Functional Movement Screen and receive one free personal training session.

Contact Jessica Tracy at tracyja@mansfieldct.org for help getting started with a healthier you!

BODY COMPOSITION TESTING

Being healthy or getting fit is more than just exercise. We can help you look at YOUR body and give you information that you can use more effectively than just a number on the scale. Did you know...lean muscle weighs more than fat? The location of changes in skinfold measurements can provide clues about your hormone levels. Analyzing your body composition can help you set and reach goals. Initial measurements of skinfold and girth taken at 4-7 sites. Calculation of body fat and lean mass percentages.

2-30 minute sessions - \$60 (initial measurement and 6-week follow-up)

FUNCTIONAL MOVEMENT SCREEN

First Move Well, Then Move Often! The Functional Movement Screen is comprised of 7 tests that look at your balance, mobility and stability. These patterns of movement will show you where your weaknesses, imbalances, asymmetries and limitations lie. No matter your fitness level, this test can benefit your exercise program by finding faulty movement patterns. Find out where you are compensating in your movement; improve your biomechanics; help prevent future injuries.

2-30 minute sessions - \$60 (initial measurement taken at first appointment, analysis of results with specific exercise demonstration at second appointment)

Sign up for a 4 visit package (initial measurement, exercise, follow-up, re-test) \$99

NUTRITION COUNSELING

Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more confused? Sign up for a good look at how we can help you.

2-30 minute sessions - \$60 (initial meeting to determine goals, submit diet and lifestyle assessment, session 2 presents an analysis of your diet and important action steps you can take)



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NEW to Fitness or our Facility?

TRY OUR FREE "STARTING STRONG" PROGRAM!

After completing a fitness questionnaire and setting goals for your personal fitness, one of our trained fitness assistants will take you through two sample workouts encompassing cardio and weight machines, and participants will earn rewards for each completed session! Also, get a 10% discount PLUS a free gift bag when you purchase three personal training sessions. Appointments are available anytime during normal business hours and set up is as easy as stopping by the reception desk or calling us at (860) 429-3015 ext. 0.



PERSONAL TRAINING

...for all levels of fitness!

The decision to hire a personal trainer is different for everyone but all our trainers have a common link . . . the commitment to improve your health! We have a variety of devoted and caring certified personal trainers who will assist you with reaching your personal fitness goals. Whether you have never tried personal training before or are looking to hire a new trainer, they have the potential to profoundly impact your life. Their commitment to you includes a personal fitness program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence.

How do I find a Personal Trainer at MCC that best meets my needs?

Each trainer has a wide range of skills, knowledge and experience but some trainers focus on a specific area within the profession. Our staff can review profiles of our trainers with you (and we have a Personal Trainers bulletin board), connect you to an agreed upon person and then you can interview the trainer before you make a commitment. This way you are in charge of creating a match that best works for you.

How often do I meet with a Personal Trainer?

This varies based upon the individual needs of the client. Normally at least 3-6 sessions are required for a program to be designed and learned. It is not uncommon for clients to make personal training sessions a part of their on-going fitness program.

What is the cost per session for Personal Training?

This varies but a range you can expect to pay is \$55-\$70 per hour. Group Training is also available for up to four people (arranged by the participants) of similar abilities. Group Training can be an additional motivator, fun and a great cost savings.

- REHABILITATIVE NEEDS
- WEIGHT LOSS
- SPECIFIC ATHLETIC CONDITIONING
- CHALLENGING YOUR FITNESS ROUTINE
- MOTIVATION
- GROUP TRAINING

FITNESS SCHEDULE WINTER 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin w/Deb 5:45-6:45 a.m. 370001-A, 32 classes - no 1/2 \$160/\$320 Instructor: Deb/Ron	Hardcore Bootcamp 5:35-6:20 a.m. 370012-B, 10 classes, - no 2/14 \$45/\$90 Instructor: Jerry	Spin w/Ron 5:45-6:45 a.m. 370001-A, 32 classes - no 1/2 \$160/\$320 Instructor: Ron/Deb	Hardcore Bootcamp 5:35-6:20 a.m. 370012-C, 10 classes - no 2/16 \$45/\$90 Instructor: Jerry	Spin w/Deb 5:45-6:45 a.m. 370001-A, 32 classes - no 1/2 \$160/\$320 Instructor: Deb/Ron	Work the Circuit 7-7:45 a.m. 370020-A, 8 classes - no 1/4, 2/18, 3/11 \$36/\$72 Instructor: Jodi	Yoga Tune-up 8:30-9:30 a.m. 😊 370019-B, 5 classes - no 2/12-3/19 \$30/\$60 Instructor: Helen
Salsa Fit 9-10 a.m. 😊 370032-B, 8 classes - no 1/2, 1/16, 2/20 \$48/\$96 Instructor: Kelly	Spin 6:30-7:30 a.m. 370001-D, 22 classes, \$110/\$22 Instructor: Ron	All Levels Yoga 7-8 a.m. 370025-B, 10 classes - no 1/4 \$60/\$120 Instructor: Bill	Spin 6:30-7:30 a.m. 370001-D, 22 classes \$110/\$220 Instructor: Ron	Functional Strength 9-10 a.m. 😊 370014-C, 10 classes no 3/10 \$50/\$100 Instructor: Jodi	Spin 8-9 a.m. 370001-C, 11 classes \$55/\$110 Instructor: Ron	Extreme Spin 9:45-11:15 a.m. 😊 370002-A, 11 classes \$82/\$165 Instructor: Ron
TRX 9-9:30 a.m. 😊 370076-A, 7 classes - no 1/2, 1/9, 1/16, 2/20 \$21/\$42 Instructor: Jess	Pressing Reset 8:45-9:45 a.m. 😊 370010-A, 5 classes - no 2/7-3/14 \$30/\$60 Instructor: Helen	Salsa Fit 9-10 a.m. 😊 370032-A, 11 classes \$66/\$132 Instructor: Kelly	Work the Circuit 9:10-9:55 a.m. 😊 370020-B, 10 classes - no 2/23 \$45/\$90 Instructor: Mandy	Silver Sneakers Classic 10-10:45 a.m. 😊 370015-C, 10 classes - no 2/24 \$37.50/\$75 Instructor: Mandy	Power Yoga 1 9:30-10:45 a.m. 😊 370026-A, 11 classes \$82.50/\$165 Instructor: Sharon	
Functional Strength & Stretch 10:10-11:10 a.m. 😊 370014-B, 8 classes - no 1/2, 1/16, 2/20 \$40/\$80 Instructor: Jodi	Silver Sneakers Yoga 10:15-11:00 a.m. 😊 370022-B, 10 classes - no 2/22 \$45/\$90 Instructor: Mandy	Kettlebells 9-9:30 a.m. 😊 370075-A, 10 classes - no 1/4 \$30/\$60 Instructor: Jess	Yoga Tune Up 10:15-11:15 a.m. 😊 370019-A, 5 classes - no 2/9-3/16, \$30/\$60 Instructor: Helen	Water Fitness 1 9:45-10:45 a.m. 😊 370037-C, 11 classes - no 2/24 \$41.24/\$82.50 Instructor: Lizzie		
Foam Roll & Stretch 11:15-12:00 p.m. 😊 370018-A, 8 classes - no 1/2, 1/16, 2/20 \$30/\$60 Instructor: Jodi	Pilates w/Props 10:30-11:30 a.m. 😊 370028-B, 11 classes \$66/\$132 Instructor: Deb G.	Water Fitness 9:45-10:45 a.m. 😊 370037-B, 11 classes \$41.25/\$82.50 Instructor: Lizzie	Silver Sneakers Circuit 10:15-11 a.m. 😊 370008-B, 10 classes - no 2/23 \$45/\$90 Instructor: Mandy	Gentle Yoga 10:15-11:15 a.m. 😊 370046-B, 11 classes \$66/\$132 Instructor: Sharon		
Water Fitness 9:45-10:45 a.m. 😊 370037-A, 9 classes - no 1/2, 2/20 \$33.75/\$67.50 Instructor: Lizzie	Aqua Therapy 10:45-11:30 a.m. 😊 370041-A, 22 classes \$82.50/\$165 Instructor: Dorinda	Chair/Standing Pilates 9:45-10:45 a.m. 😊 370009-A, 11 classes \$66/\$132 Instructor: Deb G.	Aqua Therapy 10:45-11:30 a.m. 😊 370041-A, 22 classes \$82.50/\$165 Instructor: Dorinda	Silver Sneakers Splash 11-11:45 p.m. 😊 370067-A, 11 classes \$41.25/\$82.50 Instructor: Lizzie		
Silver Sneakers Circuit 11-11:45 a.m. 😊 370008-A, 9 classes - no 1/2, 2/20 \$40.50/\$81 Instructor: Lizzie	Silver Sneakers Yoga 11:05-11:50 a.m. 😊 370022-C, 10 classes - no 2/21 \$45/\$90 Instructor: Mandy	Gentle Yoga 10:30-11:30 a.m. 😊 370046-A, 11 classes \$66/\$132 Instructor: Sharon	Silver Sneakers Yoga 11:05 a.m.-11:50 a.m. 😊 370022-A, 10 classes - no 2/23 \$45/\$90 Instructor: Mandy			
Silver Sneakers Classic	Aqua Therapy 😊 11:25 a.m. - 12:20 p.m.	Silver Sneakers Circuit	Aqua Therapy 😊 11:25 a.m. - 12:20 p.m.			

Classic 12-12:45 p.m. ☺ 370015-A, 9 classes - no 1/2, 2/20 \$33.75/\$67.50 Instructor: Lizzie	11:35 a.m.-12:20 p.m. 370041-B, 22 classes \$82.50/\$165 Instructor: Dorinda	On call 11-11:45 a.m. ☺ 370008-C, 11 classes \$49.50/\$99 Instructor: Lizzie	11:35 a.m.-12:20 p.m. 370041-B, 22 classes \$82.50/\$165 Instructor: Dorinda		
Kettlebells 12:15-12:45 p.m. ☺ 370075-B, 7 classes - no 1/2, 1/9, 1/16, 2/20 \$21/\$42 Instructor: Jess	Yoga Core 12-1 p.m. ☺ 370021-A, 11 classes \$66/\$132 Instructor: Sharon	Silver Sneakers Classic 12-12:45 p.m. ☺ 370015-B, 11 classes \$41.25/\$82.50 Instructor: Lizzie	MCC Mini Pump 12:15-12:45 p.m. ☺ 370017-B, 11 classes \$27.50/\$55 Instructor: Jodi		
Level II Pilates 4:15-5:15 p.m. ☺ 370047-A, 10 classes - no 1/2 \$60/\$120 Instructor: Margherita	MCC Mini Pump 12:15-12:45 p.m. ☺ 370017-A, 11 classes \$27.50/\$55 Instructor: Jodi	Corefusion 5:20-6:20 p.m. ☺ 370055-A, 11 classes \$66/\$132 Instructor: Dorinda	Pilates with Props 4:15-5:15 p.m. 370028-A, 11 classes \$66/\$132 Instructor: Deb G.		
TRX Pump 5:30-6:30 p.m. ☺ 370073-A, 9 classes - no 1/2, 2/20 \$54/\$108 Instructor: Mandy	Spin 5:15-6:15 p.m. ☺ 370001-B, 11 classes \$55/\$110 Instructor: Deb P.	Hardcore Bootcamp 6:30-7:15 p.m. ☺ 370012-A, 10 classes - no 2/15 \$45/\$90 Instructor: Jerry	Core Circuit 5:30-6 p.m. ☺ 370051-A, 10 classes - no 2/23 \$30/\$60 Instructor: Mandy		
Moderate Yoga Flow 5:30-6:30 p.m. ☺ 370024-A, 10 classes - no 1/2 \$60/\$120 Instructor: Sharon	All Levels Yoga 6:30-7:30 p.m. ☺ 370025-A, 10 classes - no 1/3 \$60/\$120 Instructor: Bill		Functional Strength 6:05-7:05 p.m. ☺ 370014-A, 10 classes - no 2/23 \$60/\$120 Instructor: Mandy		
Cardio Kickbox 6:30-7:15 p.m. ☺ 370077-A, 9 classes - no 1/2, 2/20 \$40.50/\$80 Instructor: Mandy			Taste of Tai Chi 6-7:15 p.m. ☺ 370029-A, 1/5, 12, 14 370029-B, 3/9, 16, 23 \$22.50/\$45 Instructor: George		
Aqua Power 6:30-7:30 p.m. ☺ 370036-A, 10 classes - no 1/2 \$50/\$100 Instructor: Margie			Continuing Tai Chi 7:30-8:45 p.m. 370030-A, 1/5, 12, 19 370030-B, 3/9, 16, 23 \$22.50/\$65 Instructor: George		
Bollywood Dance 7:30-8:30 p.m. 370060-A, 7 classes - no 1/2, 1/9, 1/16, 3/13 \$42/\$84 Instructor: Meha				Ability Fitness 5:30-6:15 p.m. 370005-A, 10 classes - no 2/24 \$45/\$90 Instructor - Mandy	Total Barre 5-6 p.m. 370007-C, 11 classes \$66/\$132 Instructor: Diana

WINTER FITNESS CLASSES

Session:

Tuesday, January 3rd- Sunday, March 19th

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

See class descriptions on pages 31-33

For help finding the right class for your needs, see page 30

Make-up week March 20th-March 26th - Schedule will be posted near end of winter session

KEY

- Class is in Gym
- Class is in Community Room
- Class is in Pool
- Childcare available during class

FIND YOUR PERFECT FITNESS CLASS!

Find Your Perfect Fitness Class! We have a variety of fitness classes to satisfy participants of all abilities. Our instructors will keep you motivated while teaching you safely and effectively. You will learn new moves while challenging your body. Be part of group fitness and put the fun back into your workout!

Looking to Improve flexibility, balance or range of motion?

Yoga Tune Up
Corefusion
Foam Roll
Pilates
Tai Chi
Yoga

Need a gentle class or have mobility issues?

Silver Sneakers Classes
Chair/Standing Pilates
Original Strength
Gentle Yoga
Tai Chi

Silver Sneakers classes

Silver Sneakers Classic
Silver Sneakers Splash
Silver Sneakers Circuit
Silver Sneakers Yoga

Fun and Challenging

Work the circuit exp.
MCC Mini Pump
Pressing Reset
Core Circuit
Total Barre
Kettlebells
TRX

Prefer a water class?

Silver Sneakers Splash
Water Fitness
Aqua Therapy
Aqua Power

Looking for Cardio?

Bollywood Dance
Cardio Kickbox
Salsa Fit
Spin

Build Strength & Endurance with:

Functional Strength
Work the Circuit
Extreme Spin
Kettlebells
Bootcamp

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Spin	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
Extreme Spin	A spin class designed for the experienced cyclist or spinner. Be prepared for a workout. We strongly suggest you bring two water bottles to class.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
Work the Circuit	A great cardiovascular workout and strength training in one. This program combines cardiovascular and strength stations to maximize your workout.
All Levels Yoga	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
Power Yoga 1	A dynamic style of yoga designed to detoxify, strengthen and open the body and calm your mind. Stay with your breath as you build internal heat. Participants should be in good physical condition with a minimum of 6 months of regular yoga practice.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
Yoga Core	Yoga core is a movement system that promotes core stability and good posture. Excellent strengthening, lengthening and balancing the musculature of the body, helps to bring about balance to the whole being. Ideal for all levels.
Moderate Yoga Flow	A dynamic class for all levels of practitioners that will focus on linking breath with movement. Students should have a minimum one year active yoga practice
Yoga Tune Up®	Yoga Tune Up® is a fitness therapy format built around the three P's-Pain, Posture and Performance. It helps eradicate pain, improves posture and enhances performance through a unique blend of Corrective Exercise, yoga and Self Massage using The Roll Model (R) techniques. By helping to identify and target your "body blind spots"; areas that are most overused, underused or misused, YTU(R) heals damaged muscle, increases strength and establishes health movement patterns to help you live better in your body. Appropriate for all levels.
Foam Roll & Stretch	Do you have tight muscles from your workout? Are you generally sore from your daily life? Foam Rolling can help! You will be guided through the correct techniques and manipulations to "unlock your body" and help create a more flexible you. This class will also incorporate stretching and balance work.
Pilates w/Props	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down positions. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all, to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor's supervision should not attend.
Chair/Standing Pilates	The classical Pilates movements have been enhanced so they can be performed while sitting in a chair or standing. The class will teach you the building blocks of Pilates posture and how to keep a neutral spin while standing, walking and bending – allowing you to take Pilates alignment, strength and flexibility into your everyday life.
Level II Pilates	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. <i>Pre-requisite: 6 months of former Pilates or permission from instructor.</i>
Corefusion	A class combining the fundamental movements of both Pilates and yoga. Emphasis on breath work and core strength

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Pressing Reset	Press Reset on your body. Through Original Strength, you can remember and regain the strength, mobility, and stability you once had as a child. In other words, you will lay a solid foundation from which you can build a solid structure which can perform and move graciously.
Silver Sneakers Yoga	You will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE for SilverSneakers members.
Silver Sneakers Splash	Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability is required, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Class is FREE for SilverSneakers members.
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
Silver Sneakers Classic	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. <i>Pre-req: Kettlebells Basics or instructor permission required.</i>
Salsa Fit	Have some salsa with your workout! This class is a Latin dance cardio workout wand will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun-you won't even know its exercise.
Bollywood Dance	Bollywood dance is a dance form that originated in India. Learn the energetic and gorgeous moves from the East!
Total Barre®	Emphasizing the correct biomechanics of movement combined with the power of music, Total Barre® integrates elements of Pilates, dance, cardio and strength training to increase flexibility, stamina and dynamic stability. Total Barre® is a 50 minute high intensity total body workout that's safe, intense and progressive. Participants need to bring water and the workout can be done either barefoot or in toe grip socks. No sneakers needed.
Functional Strength	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
Core Circuit	Training your core is the best way to build a foundation for functional fitness. In Core Circuit there will be some familiar moves like planks and crunches as well as fun ways to work your core and bring up your heart-rate. Various stations will be set up using the step, weights, bands, medicine balls and stability balls.
TRX	Learn to use this equipment to challenge yourself in new ways! This half hour class will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
TRX Pump	This strength training class uses TRX bands, weight plates, plate loaded barbells, the step and body weight as resistance. Get a great total body workout in this class.
MCC Mini Pump	Come join us during your lunch break for this half hour PUMP class. Maximize your time and your workout by challenging yourself to this total body strength routine utilizing plate loaded barbells, body weight exercises, steps and dumbbells.

CLASS	DESCRIPTION
Cardio Kickbox	Kickbox gives you an experience to increase focus and release stress, work on coordination and flexibility, improve strength and enhance your endurance. Kickbox is a combination of taekwondo, boxing, mixed martial arts and cardio kickboxing in a dynamic session. Kicks, punches, blocks and more are used in this high-energy session that will make you sweat! You'll be able to work at your own pace, all fitness levels are welcome. Please bring a water bottle.
Taste of Tai Chi	Join us to experience a few introductory lessons in this Chinese martial and health practices. We will work with breathing stance and movement to help relieve stress, improve health and mindfulness, and give students a better understanding of this wonderful ancient art.
Continuing Tai Chi	This class is designed for experienced participants to bring their Tai Chi skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy and body balance and an enhanced body-mind connection using more complex form movements.
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.
Aqua Power	Looking for a calorie burning, heart thumping workout without all the pounding on your joints? Try this class! A little kickboxing, some water aerobics and a few surprises to provide a complete workout! Both deep & shallow ends of the pool may be used.
Ability Fitness	<p>For adults and teens with special needs</p> <p>We welcome individuals ages 14 and up to join us on Friday evenings for a fun and healthy introduction to two popular fitness classes, Spinning and Body Toning. These classes will be alternated every other week. Classes will be modified to meet the special needs of people with cognitive and developmental disabilities. The format will be supportive, fun and welcoming for all! All participants must be pre-registered prior to the first day of class. Individuals requiring special accommodations such as additional staff support should register at least 15 days in advance. <i>*Please be sure to note any special accommodations or medical alerts on the registration form.</i></p> <p>Spinning Class Description</p> <p>Individuals with cognitive and developmental disabilities will participate in an introductory exercise program on stationary bicycles called a "spinning bike." This is a cardiovascular based program and program instructors will make modifications to meet the individual needs of the participants as best as possible.</p> <p>Body Toning Description</p> <p>Individuals with cognitive and developmental disabilities will participate in an introductory exercise program using small hand weights, exercise bands, stability balls, and steps. There will be a combination of toning, strengthening and cardiovascular exercise. Instructors will make modifications to meet the needs of the participants as best as possible.</p>