

FITNESS SCHEDULE FALL 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$100/\$200 18 classes 270001-A2, \$117/\$234 21 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 270012-B1, \$30/\$60 6 classes 270012-B2, \$30/\$60 6 classes, no 11/3 Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$100/\$200 18 classes 270001-A2, \$117/\$234 21 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 270012-C1, \$30/\$60 6 classes 270012-C2, \$35/\$70 7 classes Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 270001-A1, \$100/\$200 18 classes 270001-A2, \$117/\$234 21 classes Instructor: TBA	Boot Camp 7-7:45 a.m. 270012-D1, \$30/\$60 6 classes, no 9/19 270012-D2, \$35/\$70 7 classes Instructor: Jerry	Silver Sneakers Yoga 10-10:45 a.m. 270022-B1, \$30/\$60 6 classes 270022-B2, \$35/\$70 7 classes Instructor: Mandy
Salsa Fit 8:45-9:45 a.m. 270032-B1, \$34/\$68 5 classes, no 10/12 270032-B2, \$47/\$94 7 classes Instructor: Kelly	Pilates with Props 9:30-10:30 a.m. 270028-A1, \$41/\$82 6 classes 270028-A2, \$47/\$94 7 classes Instructor: Deb G.	Salsa Fit 9-10 a.m. 270032-A1, \$41/\$84 6 classes 270032-A2, \$47/\$94 7 classes Instructor: Kelly	Cardio Barre 9-10 a.m. 270007-A1, \$33/\$66 6 classes 270007-A2, \$39/\$78 7 classes Instructor: Donna	Functional Strength 9-10 a.m. 270014-B1, \$41/\$82 6 classes 270014-B2, \$47/\$94 7 classes Instructor: Jodi		
TRX 9-9:30 a.m. 270076-A1, \$17/\$34 5 classes, no 10/12 270076-A2, \$24/\$48 7 classes Instructor: Jess	Aqua Therapy 10:35-11:20 a.m. T/Th 270041-A1, \$61/\$122 12 classes 10:45-11:30 a.m. T/Th 270041-A2, \$71/\$142 14 classes Instructor: Dorinda	Water Fitness 9:15-10:15 a.m. 270037-B1, \$41/\$84 6 classes 270037-B2, \$47/\$74 7 classes Instructor: TBA	Pilates with Props 9:30-10:30 a.m. 270028-A1, \$41/\$82 6 classes 270028-A2, \$47/\$94 7 classes Instructor: Deb G.	Yin/Yang Yoga 10:30-11:30 a.m. 270023-A1, \$41/\$82 6 classes 270023-A2, \$47/\$94 7 classes Instructor: Sharon		
Water Fitness 9:15-10:15 a.m. 270037-A1, \$34/\$68 5 classes, no 10/12 270037-A2, \$47/\$94 7 classes Instructor: TBA	Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th 270041-B1, \$61/\$122 12 classes 11:35 a.m.-12:20 p.m. T/Th 270041-B2, \$71/\$142 14 classes Instructor: Dorinda	HIIT 10-10:45 a.m. 270013-A1, \$25/\$50 6 classes 270013-A2, \$29/\$58 7 classes Instructor: Jodi	Silver Sneakers Circuit 9:15-10 a.m. 270008-B1, \$30/\$60 6 classes 270008-B2, \$35/\$70 7 classes Instructor: Mandy			
Functional Strength 10-10:15 a.m. 270014-A1, \$34/\$68 5 classes, no 10/12 270014-A2, \$47/\$94 7 classes Instructor: Jodi	Get Fit Beginner Series 12:15-12:45 p.m. 270011-A1, \$20/\$40 6 classes 270011-A2, \$20/\$40 6 classes, no 11/3 Instructor: Jess	Silver Sneakers Classic 10-10:45 a.m. 270015-B1, \$30/\$60 6 classes 270015-B2, \$30/\$60 6 classes, no 11/11 Instructor: Donna	Aqua Therapy 10:35-11:20 a.m. T/Th 270041-A1, \$61/\$122 12 classes 10:45-11:30 a.m. T/Th 270041-A2, \$71/\$142 14 classes Instructor: Dorinda			
Silver Sneakers Classic 10-10:45 a.m. 270015-A1, \$25/\$50 5 classes, no 9/28 270015-A2, \$35/\$70 7 classes Instructor: Jerry		Gentle Yoga 10:30-11:30 a.m. 270046-A1, \$41/\$82 6 classes 270046-A2, \$47/\$94 7 classes Instructor: Sharon	Silver Sneakers Yoga 10:15-11 a.m. 170022-A1, \$30/\$60 6 classes 170022-A2, \$35/\$70 7 classes Instructor: Mandy			
Silver Sneakers Circuit 11-11:45 a.m. 270008-A1, \$25/\$50 5 classes, no 9/28 270008-A2, \$35/\$70 7 classes Instructor: Jerry		Silver Sneakers Circuit 11-11:45 a.m. 270008-C1, \$30/\$60 6 classes 270008-C2, \$30/\$60 6 classes, no 11/11 Instructor: Donna	Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th 270041-B1, \$61/\$122 12 classes 11:35 a.m.-12:20 p.m. T/Th 270041-B2, \$71/\$142 14 classes Instructor: Dorinda			
Kettlebells 12:15-12:45 p.m. 270075-B1, \$17/\$34 5 classes, no 10/12 270075-B2, \$24/\$48 7 classes Instructor: Jess		TRX 12:15-12:45 p.m. 270076-B1, \$20/\$40 6 classes 270076-B2, \$24/\$48 7 classes Instructor: Jess	Therapy ball 12-12:45 p.m. 270010-A2, \$34/\$68 7 classes Instructor: Deb G.	Functional Strength 6-7 p.m. 270076-C1, \$41/\$82 6 classes 270076-C2, \$47/\$94 7 classes Instructor: Mandy		
Pilates Level 2 4:15-5:15 p.m. 270047-A1, \$41/\$82 6 classes 270047-A2, \$47/\$94 7 classes Instructor: Margherita		Corefusion 5:20-6:20 p.m. 270055-A1, \$33/\$66 6 classes 270055-A2, \$39/\$78 7 classes Instructor: Dorinda	Yoga Express 6:45-7:15 p.m. 270024-A1, \$20/\$40 6 classes 270024-A2, \$24/\$48 7 classes Instructor: Mandy			
Core Express 5:45-6:15 p.m. 270055-B1, \$20/\$40 6 classes 270055-B2, \$24/\$48 7 classes Instructor: Mandy		Hardcore Bootcamp 6:30-7:15 p.m. 270012-A1, \$30/\$60 6 classes 270012-A2, \$35/\$70 7 classes Instructor: Jerry	Introduction to Qigong & Balancing the Body's Energy 6-7 p.m. 270029-A1, \$41/\$82 6 classes Instructor: George			
			Qigong for Organ Cleansing & Clearing Toxins 6-7 p.m. 270029-A2, \$47/\$94 7 classes Instructor: George			

FALL FITNESS CLASSES

Session 1: Monday, Sept 14- Sunday, Oct 25

Session 2: Monday, Oct 26- Sunday, Dec 20

No regularly classes held 11/23-11/29

See giving week schedule posted early November for classes during that week

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

See class descriptions on pages 33-34

For help finding the right class for your needs, see page 32

Some no class dates may change which may result in a fee change, please check your receipt for information

KEY

- Class is in Gym
- Class is in Pool
- Class is Virtual via Zoom
- Class is Virtual and in person

