

FITNESS SCHEDULE WINTER 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin M/W/F 5:45-6:45 a.m. 370001-A, \$189/\$378 33 classes Instructor: Ron	Hardcore Bootcamp 5:35-6:20 a.m. 370012-B, \$77/\$154 11 classes Instructor: Jerry Gym	Spin M/W/F 5:45-6:45 a.m. 370001-A, \$189/\$378 33 classes Instructor: Ron	Hardcore Bootcamp 5:35-6:20 a.m. 370012-C, \$77/\$154 11 classes Instructor: Jerry Gym	Spin M/W/F 5:45-6:45 a.m. 370001-A, \$189/\$378 33 classes Instructor: Ron		Extreme Spin 9:30-11 a.m. 370002-A, \$95/\$190 11 classes Instructor: Ron
TRX ☺ 9-9:30 a.m. 370076-A, \$31/\$62 9 classes, no 1/17, 2/21 Instructor: Jess Gym A	Spin T/Th 6:30-7:30 a.m. 370001-B, \$126/\$252 22 classes Instructor: Ron	📍 Salsa Fit ☺ 9-10 a.m. 370032-B, \$77/\$154 11 classes Instructor: Kelly	Spin T/Th 6:30-7:30 a.m. 370001-B, \$126/\$252 22 classes Instructor: Ron	📍 Functional Strength 9-10 a.m. 370014-B, \$63/\$126 11 classes Instructor: Jodi	📍 Therapy Ball 8:30-9:30 a.m. 370010-A, \$77/\$154 11 classes Instructor: Deb G.	📍 Chair Yoga 10:15-11 a.m. 370022-B, \$53/\$106 10 classes, no 3/13 Instructor: Mandy
Silver Sneakers ☺ Classic 10-10:45 a.m. 370015-A, \$58/\$116 11 classes Instructor: Jerry Gym A	📍 Pilates with Props 9:30-10:30 a.m. 370028-A, \$77/\$154 11 classes Instructor: Deb G.	Water Fitness ☺ 9:15-10:15 a.m. 370037-B, \$77/\$154 11 classes Instructor: Keri	📍 Chair Circuit 9:15-10 a.m. 370008-B, \$53/\$106 10 classes, no 3/10 Instructor: Mandy	Water Fitness 9:15-10:15 a.m. 370037-C, \$63/\$126 9 classes, no 1/14, 2/18 Instructor: Keri		
📍 Chair Classic 10-10:45 a.m. 370015-V, \$58/\$116 11 classes Instructor: Jerry Gym A	Aqua Therapy 10:30-11:15 a.m. T/Th 370041-A, \$115/\$230 22 classes Instructor: Dorinda	Silver Sneakers ☺ Classic 10-10:45 a.m. 370015-B, \$58/\$116 11 classes Instructor: TBD	📍 Pilates with Props 9:30-10:30 a.m. 270028-B, \$70/\$140 10 classes, no 1/6 Instructor: Margherita.	Yin/Yang Yoga 10:30-11:30 a.m. 370023-A, \$77/\$154 11 classes Instructor: Sharon		
📍 Functional Strength 10:15-11:15 a.m. ☺ 370014-A, \$57/\$114 10 classes, no 1/17 Instructor: Jodi	Silver Sneakers Circuit/Yoga 11-11:45 a.m. 370021-A, \$58/\$116 11 classes Instructor: Jess Gym A	📍 Chair Classic 10-10:45 a.m. 370015-Z, \$58/\$116 11 classes Instructor: TBD	Aqua Therapy 10:30-11:15 a.m. T/Th 370041-A, \$115/\$230 22 classes Instructor: Dorinda	Silver Sneakers Stability 11:30 a.m.-12:15 p.m. 370019-A, \$58/\$116 11 classes Instructor: Jess Gym A	Ability Fitness 12:15-1 p.m. 370005-A, \$53/\$106 10 classes, no 3/12 Instructor: Mandy	
Silver Sneakers ☺ Circuit	Aqua Therapy T/Th 11:20 a.m. 12:05 p.m.	Gentle Yoga ☺ 12:30-1:30 p.m.	📍 Chair Yoga 12:15-11:30 a.m.			

Circuit 11-11:45 a.m. 370008-A, \$58/\$116 11 classes Instructor: Jerry Gym A	11:20 a.m.-12:05 p.m. 370041-B, \$115/\$230 22 classes Instructor: Dorinda	10:30-11:30 a.m. 370046-A, \$77/\$154 11 classes Instructor: Sharon	10:15-11 a.m. 370022-A, \$53/\$106 10 classes, no 3/10 Instructor: Mandy			
Chair Circuit 11-11:45 a.m. 370008-V, \$58/\$116 11 classes Instructor: Jerry Gym A		Silver Sneakers Circuit 11-11:45 a.m. ☺ 370008-B, \$58/\$116 11 classes Instructor: TBD	Aqua Therapy 11:20 a.m.-12:05 p.m. T/Th 370041-B, \$115/\$230 22 classes Instructor: Dorinda			
Kettlebells 12:15-12:45 p.m. 370075-A, \$31/\$62 9 classes, no 1/17, 2/21 Instructor: Jess Gym A	Super Sampler ☺ 6:15-7 p.m. 370068-A, \$58/\$116 11 classes Instructor: MCC Fitness Staff, Gym A	Chair Circuit 11-11:45 a.m. 370008-Z, \$58/\$116 11 classes Instructor: TBD	Begin to Spin ☺ 6:45-7:15 p.m. 370003-B, \$63/\$126 11 classes Instructor: Ron			
Pilates Level 2 4:15-5:15 p.m. 370047-A, \$70/\$140 10 classes, no 1/3 Instructor: Margherita		Corefusion 5:20-6:20 p.m. 370055-A, \$63/\$126 11 classes Instructor: Dorinda Studio	1st Year Tai Chi ☺ 5:30-6:45 p.m. 370029-A, \$96/\$192 11 classes Instructor: George			
Yoga Foundations 6-7 p.m. 370071-A, \$63/\$126 9 classes, no 1/17, 2/21 Instructor: Jaime			Continuing Tai Chi 7-8:15 p.m. 370030-A \$96/\$192 11 classes Instructor: George			

MINIMUMS & MAXIMUMS: The Parks & Recreation Department reserves the right to set a minimum and maximum for each program and to cancel any program due to insufficient enrollment.

DON'T BE DISAPPOINTED! REGISTER EARLY! Unfortunately we are sometimes forced to cancel programs two to three days before the listed program start date because of under-enrollment.

WINTER FITNESS CLASSES

Session I: Monday, Jan 3- Sunday, March 20

Make up classes scheduled for weeks of March 21-April 3

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 33-35

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

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 in Community Room
- Ⓥ Virtual Class
- ☺ Childcare available during class

