

FITNESS SCHEDULE WINTER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. 370001-A, \$184/\$368 33 classes Instructor: Ron	Hardcore Bootcamp 5:40-6:25 a.m. 370012-B, \$51/\$102 10 classes, no 2/16 Instructor: Jerry Gym	Spin 5:45-6:45 a.m. M/W/F 370001-A, \$184/\$368 33 classes Instructor: Ron	Hardcore Bootcamp 5:40-6:25 a.m. 370012-C, \$51/\$102 10 classes, no 2/18 Instructor: Jerry Gym	Spin 5:45-6:45 a.m. M/W/F 370001-A, \$184/\$368 33 classes Instructor: Ron	Fitness Walking-outside 8-9 a.m. 370080-A, \$61/\$122 11 classes Instructor: Ron	Chair Yoga 10:15-11 a.m. 370022-B, \$56/\$112 11 classes Instructor: Mandy
TRX 9-9:30 a.m. 370076-A, \$30/\$60 9 classes, no 1/18, 2/15 Instructor: Jess Gym A	Pilates with Props 9:30-10:30 a.m. 370028-A, \$74/\$148 11 classes Instructor: Deb G.	Salsa Fit 9-10 a.m. 370032-A, \$74/\$148 11 classes Instructor: Kelly	Cardio Barre 9-10 a.m. 370007-A, \$56/\$112 10 classes, no 1/21 Instructor: Donna Comm Room	Functional Strength 9-10 a.m. 370014-B, \$61/\$122 11 classes Instructor: Jodi	Power Yoga 9-10 a.m. 370026-A, \$74/\$148 11 classes Instructor: Sharon	Extreme Spin 9:30-11 a.m. 370002-A, \$92/\$184 11 classes Instructor: Ron
Salsa Fit 9-10 a.m. 370032-B, \$61/\$122 9 classes, no 1/18, 2/15 Instructor: Kelly	Chair Circuit/Yoga 10:15-11:15 a.m. 370021-A, \$74/\$148 10 classes, no 2/23 Instructor: Mandy	Water Fitness 9:30-10:30 a.m. 370037-B, \$68/\$136 10 classes, 2/17 Instructor: Keri	Pilates with Props 9:30-10:30 a.m. 270028-B, \$74/\$148 11 classes Instructor: Deb G.	Yin/Yang Yoga 10:30-11:30 a.m. 370023-A, \$74/\$148 11 classes Instructor: Sharon		
Water Fitness 9:30-10:30 a.m. 370037-A, \$61/\$122 9 classes, no 1/18, 2/15 Instructor: Keri	Aqua Therapy 10:35-11:05 a.m. T 370041-A, \$37/\$74 11 classes Instructor: Dorinda	Silver Sneakers Classic 10-10:45 a.m. 370015-B, \$46/\$92 9 classes, no 1/20, 2/17 Instructor: Donna Gym A	Chair Circuit 9:15-10 a.m. 370008-B, \$51/\$102 10 classes, no 2/25 Instructor: Mandy			
Functional Strength 10-11 a.m. 370014-A, \$50/\$100 9 classes, no 1/18, 2/15 Instructor: Jodi Comm Room	Aqua Therapy 11:10-11:40 a.m. T 370041-B, \$37/\$74 11 classes Instructor: Dorinda	Gentle Yoga 10:30-11:30 a.m. 370046-A, \$74/\$148 11 classes Instructor: Sharon Comm Room	Aqua Therapy 10:35-11:05 a.m. Th 370041-C, \$37/\$74 11 classes Instructor: Dorinda			
Silver Sneakers Classic	Leisure Ride 12-1 p.m.	Silver Sneakers Circuit	Chair Yoga 10-11 a.m.			

<p>10-10:45 a.m. 370015-A, \$51/\$102 10 classes, no 2/15 Instructor: Jerry Gym A</p>	<p>12-1 p.m. 370003-A, \$61/\$122 11 classes Instructor: TBA</p>	<p>11-11:45 a.m. 370008-C, \$46/\$92 9 classes, no 1/20, 2/17 Instructor: Donna Gym A</p>	<p>10:10-11 a.m. 370022-A, \$51/\$102 10 classes, no 2/25 Instructor: Mandy</p>			
<p>Silver Sneakers Circuit 11-11:45 a.m. 370008-A, \$51/\$102 10 classes, no 2/15 Instructor: Jerry Gym A</p>		<p>Corefusion 5:20-6:20 p.m. 370055-A, \$61/\$122 11 classes Instructor: Dorinda</p>	<p>Aqua Therapy 11:10-11:40 a.m. Th 370041-D, \$37/\$74 11 classes Instructor: Dorinda</p>	<p>Functional Strength 6-6:45 p.m. 370076-C, \$56/\$112 11 classes Instructor: Mandy</p>		
<p>Kettlebells 12:15-12:45 p.m. 370075-A, \$30/\$60 9 classes, no 1/18, 2/15 Instructor: Jess Gym A</p>		<p>Hardcore Bootcamp 6:30-7:15 p.m. 370012-A, \$51/\$102 10 classes, no 2/17 Instructor: Jerry Gym A</p>	<p>Tai Chi Fundamentals 6-7:15 p.m. 370029-A \$50/\$101 6 classes 1/14-2/18 Instructor: George</p>			
<p>Pilates Level 2 4:15-5:15 p.m. 370047-A, \$68/\$136 10 classes, no 2/1 Instructor: Margherita</p>	<p>Yoga Express 6:30-7 p.m. 370024-A, \$34/\$68 10 classes, no 2/23 Instructor: Mandy</p>					
<p>Core Express 6-6:30 p.m. 370055-B, \$37/\$74 11 classes Instructor: Mandy</p>						

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. Don't be disappointed. Register early!"

WINTER FITNESS CLASSES

Session: Monday, Jan 4- Sunday, March 21

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

See class descriptions on pages 30-31

For help finding the right class for your needs, see page 27

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

***Zoom meeting information is attached to your receipt upon registration. Please save this information for future reference.**

KEY

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

