

FITNESS SCHEDULE WINTER 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W/F 370001-A, 33 classes \$179/\$358 Instructor: Ron/Deb	Hardcore Bootcamp 5:35-6:20 a.m. 370012-B, 11 classes \$54/\$108 Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 370001-A, 33 classes \$179/\$358 Instructor: Ron/Deb	Hardcore Bootcamp 5:35-6:20 a.m. 370012-C, 11 classes \$54/\$108 Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 370001-A, 33 classes - \$179/\$358 Instructor Ron/Deb	Boot Camp 7-7:45 a.m. 370012-D, 11 classes \$54/\$108 Instructor: TBA	Sunrise Yoga 8:30-9:30 a.m. ☺ 370024-A, 11 classes \$72/\$144 Instructor: Tami
TRX 9-9:30 a.m. ☺ 370076-A, 9 classes - no 1/20, 2/17 \$30/\$60 Instructor: Jess	Spin 6:30-7:30 a.m. T/Th 370001-B, 22 classes, \$119/\$238 Instructor: Ron	Kettlebells 9-9:30 a.m. ☺ 370075-A, 11 classes \$36/\$72 Instructor: Jess	Spin 6:30-7:30 a.m. T/Th 370001-B, 22 classes \$119/\$238 Instructor: Ron	Functional Strength 9-10 a.m. ☺ 370014-C, 11 classes \$60/\$120 Instructor: Jodi	Spin 8:15-9:15 a.m. ☺ 370001-C, 11 classes \$60/\$120 Instructor: Beth	Extreme Spin 9:45-11:15 a.m. ☺ 370002-A, 11 classes \$90/\$180 Instructor: Ron
Salsa Fit 8:45-9:45 a.m. ☺ 370032-B, 9 classes - no 1/20, 2/17 \$59/\$118 Instructor: Kelly	Dance Your Yoga Flow 9-10 a.m. ☺ 370061-A, 11 classes \$72/\$144 Instructor: Kelly	Salsa Fit 8:45-9:45 a.m. ☺ 370032-A, 11 classes \$72/\$144 Instructor: Kelly	Cardio Barre 9-10 a.m. ☺ 370007-A, 11 classes \$60/\$120 Instructor: Donna	Water Fitness 9:30-10:30 a.m. ☺ 370037-C, 11 classes \$72/\$144 Instructor: Keri	Moderate Yoga 9:30-10:30 a.m. ☺ 370026-A, 11 classes \$72/\$144 Instructor: Deb P.	Youth Dance Classes 11:45 a.m.-3 p.m. See page 13
Functional Strength 10-11 a.m. ☺ 370014-B, 9 classes - no 1/20, 2/17 \$49/\$98 Instructor: Jodi	Pilates w/Props 10:15-11:15 a.m. ☺ 370028-B, 10 classes no 1/28 \$66/\$132 Instructor: Deb	Water Fitness 9:30-10:30 a.m. ☺ 370037-B, 11 classes \$72/\$144 Instructor: Keri	Silver Sneakers Circuit 10-10:45 a.m. ☺ 370008-B, 10 classes no 2/27 \$49/\$98 Instructor: Mandy	Yin/Yang Yoga 10:30-11:30 a.m. ☺ 370023-A, 11 classes \$72/\$144 Instructor: Sharon	Intro to Weight Training For Teens 10:45-11:45 p.m. ☺ 370089-B, 11 classes \$72/\$144 Instructor: Jerry	
Silver Sneakers Classic 10-10:45 a.m. ☺ 370015-A, 11 classes \$54/\$108 Instructor: Jerry	Silver Sneakers Yoga 10-10:45 a.m. ☺ 370022-B, 10 classes - no 2/25 \$49/\$98 Instructor: Mandy	Silver Sneakers Classic 10-10:45 a.m. ☺ 370015-B, 9 classes - no 1/22, 2/19 \$44/\$88 Instructor: Donna	Mat Pilates 10:15-11:15 a.m. ☺ 370018-C, 11 classes \$72/\$144 Instructor: Donna		Ability Fitness 12-12:45 p.m. ☺ 370005-A, 10 classes, no 2/22 \$49/\$98 Instructor: Mandy	
Silver Sneakers Circuit 11-11:45 a.m. ☺ 370008-A, 11 classes \$54/\$108 Instructor: Jerry	Aqua Therapy 10:35-11:20 a.m. T/Th ☺ 370041-A, 22 classes \$108/\$216 Instructor: Dorinda	Gentle Yoga 10:30-11:30 a.m. ☺ 370046-A, 11 classes \$72/\$144 Instructor: Sharon	Aqua Therapy 10:35-11:20 a.m. T/Th ☺ 370041-A, 22 classes \$108/\$216 Instructor: Dorinda			
Buff Bones	Silver Sneakers Yoga	Silver Sneakers	Silver Sneakers Yoga			

11:15 a.m.-12:15 p.m. ☺ 370009-A, 9 classes - no 1/27, 2/17 \$59/\$118 Instructor: Deb G.	10:50-11:35 a.m. ☺ 370022-C, 10 classes - no 2/25 \$49/\$98 Instructor: Mandy	Circuit 11-11:45 a.m. ☺ 370008-C, 10 classes - no 1/22, 2/19 \$44/\$88 Instructor: Donna	10:50-11:35 p.m. ☺ 370022-A, 10 classes - no 2/27 \$49/\$98 Instructor: Mandy		
Kettlebells 12:15-12:45 p.m. ☺ 370075-B, 9 classes - no 1/20, 2/17 \$30/\$60 Instructor: Jess	Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th ☺ 370041-B, 22 classes \$108/\$216 Instructor: Dorinda	TRX 12:15-12:45 p.m. ☺ 370076-B, 11 classes \$36/\$72 Instructor: Jess	Aqua Therapy 11:25 a.m.-12:10 p.m. T/Th ☺ 370041-B, 22 classes \$108/\$216 Instructor: Dorinda		
Pilates Multi-Level 4:15-5:15 p.m. ☺ 370037-A, 11 classes \$72/\$144 Instructor: Margherita	Cardio Barre 12-1 p.m. ☺ 370007-B, 9 classes no 1/21, 2/18 \$49/\$98 Instructor: Donna	Intro to Weight Training For Teens 3-4 p.m. 370089-A, 11 classes \$72/\$144 Instructor: Jerry	Six in 45 12-12:45 p.m. ☺ 370013-A, 11 classes \$54/\$108 Instructor: Doug		
TRX Pump 5:30-6:30 p.m. ☺ 370073-A, 11 classes \$54/\$108 Instructor: Mandy	Functional Fitness 12-12:45 p.m. ☺ 370016-A, 10 classes no 2/18 \$49/\$98 Instructor: Doug	Corefusion 5:20-6:20 p.m. ☺ 370055-A, 11 classes \$60/\$120 Instructor: Dorinda	Teen Hip Hop 3:15-4 p.m. 320040-A, 8 classes \$70/\$80 Instructor: Mia See page 15		
Spin 5:30-6:30 p.m. ☺ 370001-D, 11 classes \$60/\$120 Instructor: Beth	Spoga 5:30-6:30 p.m. ☺ 370004-A, 11 classes \$72/\$144 Instructor: Deb P.	Hardcore Bootcamp 6:30-7:15 p.m. ☺ 370012-A, 11 classes \$54/\$108 Instructor: Jerry	Functional Fitness w/TRX 5:45-6:30 p.m. ☺ 370076-C, 11 classes \$54/\$108 Instructor: Keri		
Cardio Kickbox 6:40-7:25 p.m. ☺ 370077-A, 11 classes \$54/\$108 Instructor: Mandy	All Levels Yoga 6:45-7:45 p.m. ☺ 370025-A, 11 classes \$72/\$144 Instructor: Deb P.	Water Fitness 7:15-8 p.m. 370037-D, 11 classes \$54/\$108 Instructor: Gabe	First Year Tai Chi 6-7:15 p.m. ☺ 370029-A, 11 classes \$90/\$180 Instructor: George		
			Continuing Tai Chi 7:30-8:45 p.m. 370030-A, 11 classes \$90/\$180 Instructor: George		

WINTER FITNESS CLASSES

Monday, January 6- Sunday, March 22

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

See class descriptions on pages 29-31

For help finding the right class for your needs, see page 28

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 Community Room
- ☐ Class is in Pool
- ☺ Childcare available during class

