

# Fitness Center

## Personal Trainers



**Jerry Kleinman**  
860-617-1161



**Mandy Ivory**  
860-933-4852



**Jessica Tracy**  
860-429-3015



**Jodi Farno**  
860-966-0594



**Eli Espanol**  
860-576-6453



**Deb Grenier**  
860-208-6763  
Private Pilates Instruction

## Youth Resistance Training Orientation

This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+), learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during the youth fitness hours. This class is mandatory for use of the fitness center by this age group.

**Instructor:** Mansfield Community Center Personal Trainers  
**Day:** (170090-A) Sunday, July 15th  
(170090-B) Friday, August 31st  
**Time:** 5-6:30 p.m.  
**Fee:** \$10 per youth/parent pair – members only

## Personal Training Packages

### 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)

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

Contact Jessica Tracy at [tracyja@mansfieldct.org](mailto:tracyja@mansfieldct.org) for help getting started with a healthier you!





## Health & Fitness Seminars

### TRAINING the AGING BODY

Strategies to enhance and sustain fitness as the body ages

**Instructor:** Jerry Kleinman  
**Location:** Community Room  
**Date:** Tuesday July 10th  
**Time:** 5:30-6:30 p.m.  
**Fee:** Free for members, \$10 for non-members  
**Activity #:** 170091-A



## Lunch & Learn

### NUTRITION 101

Are you confused by what is "healthy eating" today? Do you look at food labels and need some help to decipher them. Come to this seminar, bring your own lunch and learn how to improve your own nutrition.

**Instructor:** Jessica Tracy  
**Location:** Community Room  
**Date:** Monday, August 6th  
**Time:** 12-1 p.m.  
**Fee:** FREE for members, \$10 for non-members  
**Activity #:** 170091-B

## 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



## Find Your Perfect Fitness Class!

### Looking to improve flexibility, range of motion or balance?

Dance Your Yoga Flow  
Yoga, Spoga  
Pilates  
Tai Chi  
Barre  
TRX

### Need a gentle class or have mobility issues?

Silver Sneakers Classes  
Gentle Yoga  
Tai Chi

### Silver Sneakers classes

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

### Fun and Challenging

Dance Your Yoga Flow  
Warrior Training  
Core Circuit  
Kettlebells  
Salsa Fit  
Spoga  
TRX

### Looking for Cardio?

Warrior Training  
Cardio Kickbox  
Kettlebells  
Salsa Fit  
Spoga  
Spin

### Prefer a water class?

Silver Sneakers Splash  
Aqua Therapy  
Water Fitness

### Build Strength & Endurance with:

Warrior Training  
Kettlebells  
Bootcamp  
TRX

### Beginner Friendly Classes!

All Levels Pilates  
All Levels Yoga  
Begin To Spin

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!



## CLASS DESCRIPTIONS

CLASS	DESCRIPTION
<b>Spin</b>	Special stationary bikes, trained instructors and motivating music provide a great workout. We <b>STRONGLY</b> encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
<b>Begin to Spin</b>	Are you interested in taking a spin class but hesitant about how or where to start? Would you like some additional assistance in setting up your bike to fit your body? This class led by our MCC Spin instructors will take you through the beginning basics and allow you to learn how to spin in a stress-free environment.
<b>Warrior Training</b>	Are you planning to participate in a triathlon, road race or Warrior Dash? This class will help get you and your body ready for your event. Be prepared to work hard, though exercises are adaptable to any fitness level.
<b>Hardcore Bootcamp</b>	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.
<b>Spoga</b>	A yoga- spin hybrid class, designed to give you 30 minutes of cardiovascular workout on the spin bike, followed by 30 minutes on the yoga mat. The combination allows you to increase your overall fitness while improving flexibility and core strength.
<b>All Levels Yoga</b>	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
<b>Sunrise Yoga</b>	A yoga class designed to start your morning off on the right foot. Class is appropriate for all levels.
<b>Gentle Yoga</b>	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.
<b>Yin/Yang</b>	With a Yin Yang Yoga class, we combine both a more dynamic style of yoga followed by some gentle yin poses. The first half of the class is devoted to standing poses, flowing from one pose to the next in a more dynamic style. The second half of the class is yin, a slow stilling practice where all the poses are either seated or lying down.
<b>All Levels Pilates</b>	This 4 week class will provide those with a current practice in Pilates as well as those new to Pilates the basic fundamentals of the method which will keep you safe.
<b>Cardio Barre</b>	Cardio Barre is a high energy, low impact class that combines barre work to tone and define the lower body, light weights and mini ball to build lean muscle mass and pilates mat work to strengthen and elongate your body. This total body workout will leave you feeling energized, graceful and strong.
<b>Silver Sneakers Yoga</b>	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 <b>FREE</b> for SilverSneakers members.
<b>Silver Sneakers Splash</b>	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 <b>FREE</b> for SilverSneakers members.
<b>Silver Sneakers Circuit</b>	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 <b>FREE</b> for SilverSneakers members.
<b>Silver Sneakers Classic</b>	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 <b>FREE</b> for SilverSneakers members.
<b>Kettlebells</b>	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. Pre-req: Kettlebells Basics or instructor permission required.

# Fitness Center

## CLASS DESCRIPTIONS

CLASS	DESCRIPTION
<b>Salsa Fit</b>	Have some salsa with your workout! This class is a Latin dance cardio workout and 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.
<b>Dance Your Yoga Flow</b>	As a champion ballroom dancer I have created a class blending yoga flow sequences with traditional dance conditioning moves to enhance balance, flexibility and core strength while moving gracefully and beautifully to inspiring music.
<b>Functional Strength</b>	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.
<b>Functional Strength Exp.</b>	Do you want to get in a great overall workout in your lunch break? Using your own body weight and various resistance tools, you will strengthen all major muscle groups in just half an hour!
<b>TRX</b>	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!
<b>TRX Pump</b>	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.
<b>Cardio Kickbox</b>	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.
<b>Taste of Tai Chi &amp; Qigong</b>	Join us to experience a few introductory lessons in these 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 these wonderful ancient arts.
<b>Continuing Tai Chi</b>	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.
<b>Water Fitness</b>	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
<b>Aqua Therapy</b>	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.



*The*  
**FLOWER  
POT**

We are a family owned and operated local shop serving all your floral and gift-giving needs. Proudly offering **MADE IN AMERICA** gift products!

9 Dog Lane, Storrs, CT 06268  
(860) 429-2299  
[www.storrsflowerpot.com](http://www.storrsflowerpot.com)



## CLASS DESCRIPTIONS

CLASS DESCRIPTION

### Ability Fitness For adults and teens with special needs.

We welcome individuals ages 14 and up to join us on Saturdays 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. *\*Please be sure to note any special accommodations or medical alerts on the registration form*

### Spinning Class

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.

### Body Toning

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.

**Big Box Prices!  
Small Store Service!**

**AMERICAN MADE  
POOLS & SPAS**

**KNOWLEDGEABLE  
STAFF**

**HUGE**

**PARTS DEPARTMENT**

**EXCELLENT  
FINANCING  
AVAILABLE**



219 Route 6  
Columbia, CT  
**860-359-3790**  
calypsobluepoolandspa.com

**A Refreshing New Way  
to shop for:**

**Pool and Spa Supplies!**

- **FREE Pool Water Testing**
- **Floats, Pool Toys, Goggles**
- **Aquabot Pool Cleaners**
- **Organic Pool and Spa Solutions**
- **Phoenix Chemicals Made in Connecticut**
- **Earth and People Friendly Products**



**CHECK OUT THE  
NEW 2018 MODELS!**



# FITNESS SCHEDULE SUMMER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> 5:45-6:45 a.m. M/W/F 170001-A1 \$56.75/\$113.50 11 classes, no 7/4 170001-A2 \$61.75/\$123.50 12 classes Instructor: Ron	<b>Hardcore Bootcamp</b> 5:35-6:20 a.m. 170012-B1 \$14/\$28 3 classes, no 7/3 170012-B2 \$18.50/\$37 4 classes Instructor: Jerry	<b>Spin</b> 5:45-6:45 a.m. M/W/F 170001-A1 \$56.75/\$113.50 11 classes, no 7/4 170001-A2 \$61.75/\$123.50 12 classes Instructor: Ron	<b>Hardcore Bootcamp</b> 5:35-6:20 a.m. 170012-C1 \$14/\$28 3 classes, no 7/5 170012-C2 \$18.50/\$37 4 classes Instructor: Jerry	<b>Spin</b> 5:45-6:45 a.m. M/W/F 170001-A1 \$56.75/\$113.50 11 classes, no 7/4 170001-A2 \$61.75/\$123.50 12 classes Instructor: Ron	<b>Warrior Training</b> 7-7:45 a.m. 170011-A1 \$15.50/\$31 4 classes 170011-A2 \$11.50/\$23 3 classes, no 8/4 Instructor: Eli	<b>Sunrise Yoga</b> 8:15-9:15 a.m. 170024-A1 \$12.50/\$25 2 classes 170024-A2 \$18.50/\$37 3 classes, no 7/22 Instructor: Suzanne
<b>TRX</b> 9-9:30 a.m. ☺ 170076-A1 \$12.50/\$25 4 classes 170076-A2 \$6.25/\$12.50 2 classes, no 7/16, 7/30 Instructor: Jess	<b>Dance your Yoga Flow</b> 9-10 a.m. ☺ 170061-A1 \$24.75/\$49.50 4 classes 170061-A2 \$18.50/\$37 3 classes, no 7/24 Instructor: Kelly	<b>All Levels Yoga</b> 7-8 a.m. 170025-B1 \$18.50/\$37 3 classes, no 7/4 170025-B2 \$24.75/\$49.50 4 classes Instructor: Bill	<b>Sunrise Yoga</b> 6:45-7:45 a.m. 170024-B1 \$18.50/\$37 3 classes, no 6/28 170024-B2 \$12.50/\$25 2 classes - no 7/26, 7/19 Instructor: Suzanne	<b>Water Fitness</b> 9:45-10:45 a.m. ☺ 170037-C1 \$24.75/\$49.50 4 classes 170037-C2 \$24.75/\$49.50 4 classes Instructor: Keri		
<b>Salsa Fit</b> 9-10 a.m. ☺ 170032-B1 \$24.75/\$49.50 4 classes 170032-B2 \$18.50/\$37 3 classes - no 7/23 Instructor: Kelly	<b>Silver Sneakers Yoga</b> 10-10:45 a.m. ☺ 170022-B1 \$14/\$28 3 classes, no 6/26 170022-B2 \$18.50/\$37 4 classes Instructor: Mandy	<b>Kettlebells</b> 9-9:30 a.m. ☺ 170075-A1 \$9.25/\$18.50 3 classes, no 7/4 170075-A2 \$6.25/\$12.50 2 classes, no 7/18, 8/1 Instructor: Jess	<b>Cardio Barre</b> 9-10 a.m. ☺ 170007-A1 \$24.75/\$49.50 4 classes 170007-A2 \$24.75/\$49.50 4 classes Instructor: Donna	<b>Functional Strength</b> 9-10 a.m. ☺ 170014-C2 \$12.50/\$25 2 classes, no 7/20, 7/27 Instructor: Jodi		
<b>Water Fitness</b> 9:45-10:45 a.m. ☺ 170037-A1 \$24.75/\$49.50 4 classes 170037-A2 \$24.75/\$49.50 4 classes Instructor: TBA	<b>Aqua Therapy ☺</b> 10:45-11:30 a.m. T/Th 170041-A1 \$30.75/\$61.50 8 classes 170041-A2 \$30.75/\$61.50 8 classes Instructor: Dorinda	<b>Salsa Fit</b> 9-10 a.m. ☺ 170032-A1 \$18.50/\$37 3 classes, no 7/4 170032-A2 \$18.50/\$37 3 classes, no 7/25 Instructor: Kelly	<b>Silver Sneakers Circuit</b> 10-10:45 a.m. ☺ 170008-B1 \$14/\$28 3 classes, no 7/5 170008-B2 \$14/\$28 3 classes, no 8/9 Instructor: Mandy	<b>Yin/Yang Yoga</b> 10:30-11:30 a.m. ☺ 170023-A1 \$24.75/\$49.50 4 classes 170023-A2 \$24.75/\$49.50 4 classes Instructor: Sharon	<b>Ability Fitness</b> 12-12:45 a.m. ☺ 170005-A1 \$18.50/\$37 4 classes 170005-A2 \$14/\$28 3 classes, no 7/21 Instructor: Mandy	
<b>Silver Sneakers Circuit</b> 11-11:45 p.m. ☺ 170008-A1 \$18.50/\$37 4 classes 170008-A2 \$9.25/\$18.50 2 classes - no 7/30, 8/6 Instructor: Eli	<b>Silver Sneakers Yoga</b> 10:50-11:35 a.m. ☺ 170022-C1 \$14/\$18 3 classes, no 6/26 170022-C2 \$18.50/\$37 4 classes Instructor: Mandy	<b>Water Fitness</b> 9:45-10:45 a.m. ☺ 170037-B1 \$18.50/\$37 3 classes, no 7/4 170037-B2 \$24.75/\$49.50 4 classes Instructor: Keri	<b>Aqua Therapy ☺</b> 10:45 a.m.-11:30 a.m. T/Th 170041-A1 \$30.75/\$61.50 8 classes 170041-A2 \$30.75/\$61.50 8 classes Instructor: Dorinda			
<b>Silver Sneakers Classic</b> 12-12:45 p.m. ☺ 170015-A1 \$15.50/\$31 4 classes 170015-A2 \$7.75/\$15.50	<b>Aqua Therapy ☺</b> 11:35-12:20 p.m. T/Th 170041-B1 \$30.75/\$61.50 8 classes 170041-B2 \$30.75/\$61.50 8 classes	<b>Gentle Yoga</b> 10:30-11:30 a.m. ☺ 170046-A1 \$18.50/\$37 3 classes, no 7/4 170046-A2 \$24.75/\$49.50 4 classes	<b>Silver Sneakers Yoga</b> 10:50-11:35 a.m. ☺ 170022-A1 \$14/\$28 3 classes, no 7/5 170022-A2 \$14/\$28			



170015-A2 \$7.75/\$15.50 2 classes - no 7/30, 8/6 Instructor: Eli	Instructor: Dorinda	Instructor: Sharon	170022-A2 \$14/\$28 3 classes, no 8/9 Instructor: Mandy			
<b>Kettlebells</b> 12:15-12:45 p.m. ☺ 170075-B1 \$12.50/\$25 4 classes 170075-B2 \$6.25/\$12.50 2 classes, no 7/16, 7/30 Instructor: Jess	<b>Functional Strength Exp.</b> 12:15-12:45 p.m. ☺ 170016-A1 \$10.50/\$21 4 classes 170016-A2 \$5.25/\$10.50 2 classes, no 7/31, 8/7 Instructor: Eli	<b>Silver Sneakers Classic</b> 10-10:45 a.m. ☺ 170015-B1 \$11.50/\$23 3 classes 170015-B2 \$15.50/\$31 4 classes Instructor: TBA	<b>Aqua Therapy ☺</b> 11:35 a.m.-12:20 p.m. T/Th 170041-B1 \$30.75/\$61.50 8 classes 170041-B2 \$30.75/\$61.50 8 classes Instructor: Dorinda			
<b>All Levels Pilates</b> 3:30-4:30 p.m. 170017-A1 \$24.75/\$49.50 4 classes Instructor: Margherita	<b>Spoga</b> 5:30-6:30 p.m. ☺ 170004-A1 \$20.75/\$41.50 4 classes 170004-A2 \$20.75/\$41.50 4 classes Instructor: Ron/Bill	<b>TRX</b> 12:15-12:45 p.m. ☺ 170076-B1 \$9.25/\$18.50 3 classes, no 7/4 170076-B2 \$6.25/\$12.50 3 classes, no 7/18, 8/1 Instructor: Jess	<b>Functional Strength Exp.</b> 12:15-12:45 p.m. ☺ 170016-B1 \$10.50/\$21 4 classes 170016-B2 \$5.25/\$10.50 2 classes, no 8/2, 8/9 Instructor: Eli			
<b>TRX Pump</b> 5:30-6:30 p.m. ☺ 170073-A1 \$24.75/\$49.50 4 classes 170073-A2 \$24.75/\$49.50 4 classes Instructor: Mandy	<b>All Levels Yoga</b> 6:45-7:45 p.m. ☺ 170025-A1 \$24.75/\$49.50 4 classes 170025-A2 \$24.75/\$49.50 4 classes Instructor: Bill	<b>Silver Sneakers Circuit</b> 11-11:45 p.m. ☺ 170008-C1 \$14/\$28 3 classes, no 7/4 170008-C2 \$18.50/\$37 4 classes Instructor: TBA	<b>Spoga</b> 5:30-6:30 p.m. ☺ 170004-B1 \$20.75/\$41.50 4 classes 170004-B2 \$20.75/\$41.50 4 classes Instructor: Ron/Bill			
<b>Begin to Spin</b> 5:30-6:30 p.m. ☺ 170002-A1 \$20.75/\$41.50 4 classes 170002-A2 \$20.75/\$41.50 4 classes Instructor: Ron		<b>Hardcore Bootcamp</b> 6:30-7:15 p.m. ☺ 170012-A1 \$14/\$28 3 classes - no 7/4 170012-A2 \$18.50/\$37 4 classes Instructor: Jerry	<b>Functional Strength</b> 6:45-7:45 p.m. ☺ 170014-A2 \$12.50/\$25 2 classes - no 7/19, 7/26 Instructor: Jodi			
<b>Cardio Kickbox</b> 6:35-7:20 p.m. ☺ 170077-A1 \$18.50/\$37 4 classes 170077-A2 \$18.50/\$37 4 classes Instructor: Mandy			<b>Taste of Tai Chi &amp; Qigong</b> 6-7:15 p.m. ☺ 170029-A1 \$31/\$62 4 classes 170029-A2 \$31/\$62 4 classes Instructor: George			
			<b>Continuing Tai Chi</b> 7:30-8:45 p.m. 170030-A1 \$31/\$62 4 classes 170030-A2 \$31/\$62 4 classes Instructor: George			

**SUMMER FITNESS CLASSES**

**Session 1:**  
**Monday, June 18th - Sunday, July 15th**

**Session 2:**  
**Monday, July 16th - Sunday, August 12th**

First fee listed is for MCC members, 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

**KEY**

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

**Some *no class* dates may change, resulting in a fee change. Please check your receipt for information.**