

FITNESS SCHEDULE SPRING 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W/F 470001-A \$165/\$330 32 classes - no 5/28 Instructor: Ron	Hardcore Bootcamp 5:35-6:20 a.m. 470012-B \$51.25/\$102.50 11 classes Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 470001-A \$165/\$330 32 classes - no 5/28 Instructor: Ron	Hardcore Bootcamp 5:35-6:20 a.m. 470012-C \$51.25/\$102.50 11 classes Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 470001-A \$165/\$330 32 classes - no 5/28 Instructor: Ron	Warrior Training 7-7:45 a.m. 470011-A \$42.50/\$85 11 classes Instructor: Eli	Sunrise Yoga 8:30-9:30 a.m. ☺ 470024-A \$62/\$124 10 classes, no 4/15 Instructor: Suzanne
Fitness Walking 7-8 a.m. 470003-A \$51.50/\$103 10 classes - no 5/28 Instructor: Ron	Spin 6:30-7:30 a.m. T/Th 470001-D \$113.50/\$227 22 classes Instructor: Ron	Fitness Walking 7-8 a.m. 470003-B \$56.75/\$113.50 11 classes Instructor: Ronl	Spin 6:30-7:30 a.m. T/Th 370001-D \$113.50/\$227 22 classes Instructor: Ron	Fitness Walking 7-8 a.m. 470003-C \$56.75/\$113.50 11 classes Instructor: Ron	Spin 8-9 a.m. 470001-C \$56.75/\$113.50 11 classes Instructor: Ron	
TRX 9-9:30 a.m. ☺ 470076-A \$24.75/\$49.50 8 classes - no 4/16, 5/21, 5/28 Instructor: Jess	Dance your Yoga Flow 9-10 a.m. ☺ 470061-A \$62/\$124 10 classes - no ** Instructor: Kelly	All Levels Yoga 7-8 a.m. 470025-B \$62/\$124 10 classes - no 4/3 Instructor: Bill	Cardio Barre 8:45-9:45 a.m. 470007-A \$62/\$124 10 classes - no 4/19 Instructor: Donna	Functional Strength 9-10 a.m. ☺ 470014-C \$55.75/\$111.50 classes - no 4/20, 6/14 Instructor: Jodi	Power Yoga 1 9:30-10:45 a.m. ☺ 470026-A \$85.25/\$170.50 11 classes Instructor: Sharon	
Salsa Fit 9-10 a.m. ☺ 470032-B \$55.75/\$111.50 9 classes - no **, 5/28 Instructor: Kelly	Silver Sneakers Yoga 10-10:45 a.m. ☺ 470022-B \$51.25/\$102.50 11 classes Instructor: Mandy	Kettlebells 9-9:30 a.m. ☺ 470075-A \$26/\$52 10 classes - no 4/18 Instructor: Jess	Pilates w/Props 10-11 a.m. ☺ 470028-C \$62/\$124 10 classes - no ** Instructor: Deb G.	Water Fitness 9:45-10:45 a.m. ☺ 470047-B \$56.75/\$113.50 11 classes Instructor: TBA	Ability Fitness 12-12:45 p.m. ☺ 470005-A \$41.75/\$83.50 9 classes - no 5/26, 6/9 Instructor: Mandy	
Water Fitness 9:45-10:45 a.m. ☺ 470047-A \$41.25/\$82.50 8 classes - no 4/2, 5/14, 5/28 Instructor: Lizzie	Pilates w/Props 10:30-11:30 a.m. ☺ 470028-B \$62/\$124 10 classes - no ** Instructor: Deb G.	Salsa Fit 9-10 a.m. ☺ 470032-A \$62/\$124 10 classes - no ** Instructor: Kelly	Silver Sneakers Circuit 10-10:45 a.m. ☺ 470008-B \$46.50/\$93 10 classes - no 5/3 Instructor: Mandy	Yin/Yang 10:30-11:30 p.m. ☺ 470023-A \$68.25/\$136.50 11 classes Instructor: Sharon		
Functional Strength 10:10-11:10 a.m. ☺ 470014-B \$55.75/\$111.50 9 classes - no 4/16, 5/28 Instructor: Jodi	Aqua Therapy 10:45-11:30 a.m. T/Th ☺ 470041-A \$84/\$169.50 22 classes Instructor: Dorinda	Water Fitness 9:45-10:45 a.m. ☺ 470047-B \$56.75/\$113.50 11 classes Instructor: Lizzie	Aqua Therapy ☺ 10:45 a.m.-11:30 a.m. T/Th 470041-A \$84.75/\$169.50 22 classes Instructor: Dorinda			
Silver Sneakers Circuit 11-11:45 a.m. ☺ 470008-A \$28/\$56 6 classes - no 4/2, 4/16, 5/14, 5/21 5/28 Instructor: Lizzie	Silver Sneakers Yoga 10:50-11:35 a.m. ☺ 470022-C \$51.25/\$102.50 11 classes Instructor: Mandy	Gentle Yoga 10:30-11:30 a.m. ☺ 470046-A \$68.25/\$136.50 11 classes Instructor: Sharon	Therapy Ball Relax/Restore 11-12 p.m. ☺ 470010-A \$62/\$124 10 classes - no ** Instructor: Deb G.			
Therapy Ball Relax/Restore 11:15-11:45 a.m. ☺	Aqua Therapy ☺ 11:35 a.m.-12:20 p.m. 470041-B \$84.75/\$169.50	Silver Sneakers Circuit 11-11:45 a.m. ☺	Silver Sneakers Yoga 10:50 a.m.-11:35 a.m. ☺ 470022-A \$46.50/\$93			

470010-B \$28/\$56 9 classes - no 4/16, 5/28 Instructor: Jodi	22 classes Instructor: Dorinda	470008-C \$51.25/\$102.50 11 classes Instructor: Lizzie	10 classes - no 5/3 Instructor: Mandy		
Silver Sneakers Classic 12-12:45 p.m. ☺ 470015-A \$34.75/\$69.50 9 classes - no 5/21, 5/28 Instructor: Lizzie	Yoga Core 12-1 p.m. ☺ 470021-A \$68.25/\$136.50 11 classes Instructor: Sharon	Silver Sneakers Classic 12-12:45 p.m. ☺ 470015-B \$42.50/\$85 11 classes Instructor: Lizzie	Aqua Therapy 11:35-12:20 p.m. T/Th ☺ 470041-B \$84.75/\$169.50 22 classes Instructor: Dorinda		
Kettlebells 12:15-12:45 p.m. ☺ 470075-B \$24.75/\$49.50 8 classes - no 4/16, 5/21, 5/28 Instructor: Jess	Functional Strength Exp. 12:15-12:45 p.m. ☺ 470016-A \$34/\$68 11 classes Instructor: Eli	TRX 12:15-12:45 p.m. ☺ 470076-B \$26/\$52 10 classes - no 4/18 Instructor: Jess	Functional Strength Exp. 12:15-12:45 p.m. ☺ 470016-B \$34/\$68 11 classes Instructor: Eli		
Laughter Pilates 4:15-5:15 p.m. ☺ 470027-A \$62/\$124 10 classes - no 5/28 Instructor: Margherita	Spoga 5:15-6:15 p.m. ☺ 470004-A \$68.25/\$136.50 11 classes Instructor: Ron/Bill	Silver Sneakers Splash 1-2 p.m. 470067-A \$56.75/\$113.50 11 classes Instructor: TBA	Pilates with Props 4:15-5:15 p.m. 470028-A \$62/\$124 10 classes - no ** Instructor: Deb. G		
TRX Pump 5:30-6:30 p.m. ☺ 470073-A \$55.75/\$111.50 9 classes - no 5/14, 5/28 Instructor: Mandy	All Levels Yoga 6:30-7:30 p.m. ☺ 470025-A \$62/\$124 10 classes - no 4/2 Instructor: Bill	Corefusion 5:20-6:20 p.m. ☺ 470055-A \$62/\$124 10 classes - no 3/14 Instructor: Dorinda	Functional Strength 6-7 p.m. ☺ 470014-A \$55.75/\$111.50 9 classes - no 4/19, 6/14 Instructor: Jodi		
Begin to Spin 5:30-6:30 p.m. ☺ 470003-A \$51.50/\$103 10 classes - no 5/28 Instructor: Ron		Hardcore Bootcamp 6:30-7:15 p.m. ☺ 470012-A \$51.25/\$102.50 11 classes Instructor: Jerry	Taste of Tai Chi 6-7:15 p.m. ☺ 470029-A \$85.25/\$170.50 11 classes Instructor: George		
Cardio Kickbox 6:40-7:20 p.m. ☺ 470077-A \$41.75/\$83.50 9 classes - no 5/14, 5/28 Instructor: Mandy			Continuing Tai Chi 7:30-8:45 p.m. 470030-A \$85.25/\$170.50 11 classes Instructor: George	Springtime Yoga 6:30-8 p.m. 470047-A \$102.50/\$205 11 classes Instructor: Karrie	

SPRING Fitness Classes

Session:


Monday, April 2nd- Sunday, June 17th

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


See class descriptions on pages 39-41


For help finding the right class for your needs, see page 38

KEY

 Class is in Gym

 Class is in Community Room

 Class is in Pool

 Childcare available during class

Some class dates may change resulting in fee changes. Please check your receipt for information.