

FITNESS SCHEDULE FALL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W/F 270001-A1 \$118.50/\$237 23 classes, no 9/3 270001-A2 \$108.25/\$216.50, 21 classes Instructor: Ron	Hardcore Bootcamp 5:35-6:20 a.m. 270012-B1 \$37.25/\$75, 8 classes 270012-B2 \$28/\$56, 6 classes, no 11/6 Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 270001-A1 \$118.50/\$237 23 classes, no 9/4 270001-A2 \$108.25/\$216.50, 21 classes Instructor: Ron	Hardcore Bootcamp 5:35-6:20 a.m. 270012-C1 \$37.25/\$75, 8 classes 270012-C2 \$32.50/\$65, 7 classes Instructor: Jerry	Spin 5:45-6:45 a.m. M/W/F 270001-A1 \$118.50/\$237 23 classes, no 9/4 270001-A2 \$108.25/\$216.50, 21 classes Instructor: Ron	Warrior Training 7-7:45 a.m. 270011-A1 \$27/\$54, 7 classes, no 10/9 270011-A2 \$23/\$46, 6 classes, no 12/15, 12/22 Instructor: Eli	Sunrise Yoga 8:15-9:15 a.m. 270024-A1 \$49.50/\$99, 8 classes 270024-A2 \$37.25/\$74.50, 6 classes, no 12/23 Instructor: Suzanne
TRX ☺ 9-9:30 a.m. 270076-A1 \$18.50/\$37 6 classes, no 9/3, 10/8 270076-A2 \$18.50/\$37, 6 classes, no 11/12 Instructor: Jess	Dance Your Yoga Flow 9-10 a.m. ☺ 270061-A1 \$49.50/\$99, 8 classes 270061-A2 \$43.50/\$87, 7 classes Instructor: Kelly	All Levels Yoga 7-8 a.m. 270025-B1 \$49.50/\$99, 8 classes 270025-B2 \$43.50/\$87, 7 classes Instructor: Bill	Spoga 6:30-7:30 a.m. 270004-B1 \$49.50/\$99, 8 classes 270004-B2 \$43.50/\$87, 7 classes Instructor: Ron/Bill	Functional Strength 9-10 a.m. ☺ 270014-C1 \$41.25/\$82.50, 8 classes 270014-C2 \$36/\$72, 7 classes Instructor: Jodie	Spin 8-9 a.m. 270001-C1 \$41.25/\$82.50, 8 classes 270001-C2 \$31/\$62, 6 classes no 12/22 Instructor: Ron	
Salsa Fit ☺ 8:40-9:40 a.m. 270032-B1 \$43.50/\$87, 7 classes, no 9/3 270032-B2 \$43.50/\$87, 7 classes Instructor: Kelly	Silver Sneakers Yoga 10:00-10:45 a.m. ☺ 270022-B1 \$32.50/\$65, 7 classes, no 10/23 270022-B2 \$32.50/\$65, 7 classes Instructor: Mandy	Kettlebells ☺ 9-9:30 a.m. 270075-A1 \$24.75/\$49.50, 8 classes 270075-A2 \$21.75/\$43.50, 7 classes Instructor: Jess	Cardio Barre ☺ 9-10 a.m. 270007-A1 \$49.50/\$99, 8 classes 270007-A2 \$43.50/\$87, 7 classes Instructor: Donna	Water Fitness ☺ 9:45-10:45 a.m. 270037-C1 \$49.50/\$99, 8 classes 270037-C2 \$43.50/\$87, 7 classes Instructor: Keri	Power Yoga ☺ 9:30-10:30 a.m. 270026-A1 \$49.50/\$99, 8 classes 270026-A2 \$37.25/\$74.50, 6 classes, no 12/22 Instructor: Sharon	
Water Fitness ☺ 9:45-10:45 a.m. 270037-A1 \$43.50/\$87, 6 classes, no 9/3, 10/8 270037-A2 \$37.25/\$74.50, 6 classes, no 11/12 Instructor: Keri	Pilates with Props ☺ 10:30-11:30 a.m. 270028-B1 \$43.50/\$87, 7 classes, no 9/25 270028-B2 \$43.50/\$87, 7 classes Instructor: Deb G	Salsa Fit ☺ 8:40-9:40 a.m. 270032-A1 \$49.50/\$99, 8 classes 270032-A2 \$43.50/\$87, 7 classes Instructor: Kelly	Silver Sneakers Circuit ☺ 10-10:45 a.m. 270008-B1 \$37.25/\$75, 8 classes 270008-B2 \$32.50/\$65, 7 classes Instructor: Mandy	Yin/Yang Yoga ☺ 10:30-11:30 a.m. 270023-A1 \$49.50/\$99, 8 classes 270023-A2 \$43.50/\$87, 7 classes Instructor: Sharon		
Functional Strength 10-11 a.m. ☺ 270014-B1 \$31/\$62, 6 classes, no 9/3, 10/8 270014-B2 \$31/\$62, 6 classes, no 11/12 Instructor: Jodi	Aqua Therapy ☺ 10:45 a.m.-11:30 a.m. T/Th 270041-A1 \$61.50/\$123, 16 classes 270041-A2 \$54/\$108, 14 classes Instructor: Dorinda	Water Fitness ☺ 9:45-10:45 a.m. 270037-B1 \$49.50/\$99, 8 classes 270037-B2 \$43.50/\$87, 7 classes Instructor: Keri	Pilates with Props ☺ 10:15-11:15 a.m. 270028-C1 \$43.50/\$87, 7 classes, no 9/27 270028-C2 \$43.50/\$87, 7 classes Instructor: Deb G.	Stretch, Strength, Balance 12-1 p.m. 270018-A1 \$37.25/\$74.50, 6 classes, no 10/19, 10/26 270018-A2 \$37.25/\$74.50, 6 classes, no 11/2	Mix it Up ☺ 12-12:45 p.m. 270009-A1 \$32.50/\$65, 7 classes, no 9/22 270009-A2 \$32.50/\$65, 6 classes, no 12/22 Instructor: Mandy	
Silver Sneakers Classic ☺ 10-10:45 a.m. 270015-A1 \$18.50/\$37, 4 classes, no 9/3, 9/10, 9/17, 10/8 270015-A2 \$32.50/\$65, 7 classes Instructor: Jerry	Silver Sneakers Yoga 10:55-11:35 a.m. ☺ 270022-C1 \$14/\$28 7 classes, no 10/23 270022-C2 \$32.50/\$65, 7 classes Instructor: Mandy	Silver Sneakers Classic ☺ 10-10:45 a.m. 270015-B1 \$37.25/\$75, 8 classes 270015-B2 \$32.50/\$65, 7 classes Instructor: Donna	Aqua Therapy ☺ 10:45 a.m.-11:30 a.m. T/Th 270041-A1 \$61.50/\$123, 16 classes 270041-A2 \$54/\$108, 14 classes Instructor: Dorinda			
Silver Sneakers Circuit ☺ 11-11:45 a.m. 270008-A1 \$28.25/\$46.50, 4 classes, no 9/3, 9/10, 9/17, 10/8 270008-A2 \$32.50/\$46.50	Aqua Therapy ☺ 11:35 a.m.-12:20 p.m. T/Th 270041-B1 \$61.50/\$123, 16 classes 270041-B2 \$54/\$108 14 classes	Gentle Yoga ☺ 10:30-11:30 a.m. 270046-A1 \$49.50/\$99, 8 classes 270046-A2 \$43.50/\$87, 7 classes Instructor: Sharon	Silver Sneakers Yoga 10:50-11:35 a.m. ☺ 270022-A1 \$37.25/\$75, 8 classes 270022-A2 \$32.50/\$65, 7 classes Instructor: Mandy			

7 classes	Instructor: Dorinda				
Kettlebells 😊 12:15-12:45 p.m. 270075-B1 \$18.50/\$37, 6 classes, no 9/3, 10/8 270075-B2 \$18.50/\$37, 6 classes, no 11/12 Instructor: Jess	Yoga/Pilates Fusion 12-1 p.m. 😊 270021-A1 \$49.50/\$99, 8 classes 270021-A2 \$43.50/\$87, 7 classes Instructor: Sharon	Silver Sneakers Circuit 😊 11-11:45 a.m. 270008-C1 \$37.25/\$75, 8 classes 270008-C2 \$32.50/\$65, 7 classes Instructor: Donna	Therapy Ball 😊 11:30-12:30 p.m. 270010-A1 \$43.50/\$87, 7 classes, no 9/27 270010-A2 \$43.50/\$87, 7 classes Instructor: Deb G.		
Pilates Fit 3:30-4:30 p.m. 270027-A1 \$43.50/\$87, 7 classes, no 9/3 270027-A2 \$37.25/\$74.50, 6 classes, no 11/26 Instructor: Margherita	Functional Strength Exp. 12:15-12:45 p.m. 😊 270016-A1 \$18.25/\$36.50, 7 classes, no 10/9 270016-A2, 5 classes, no 11/6, 12/11 Instructor: Eli	TRX 😊 12:15-12:45 p.m. 270076-B1 \$24.75/\$49.50, 8 classes 270076-B2 \$21.75/\$43.50, 7 classes Instructor: Jess	Aqua Therapy 😊 11:35 a.m.-12:20 p.m. T/TH 270041-B1 \$61.50/\$123 16 classes 270041-B2 \$54/\$108, 14 classes Instructor: Dorinda		
TRX Pump 😊 5:30-6:30 p.m. 270073-A1 \$43.50/\$87, 7 classes, no 9/3 270073-A2 \$43.50/\$87, 7 classes Instructor: Mandy	Spoga 😊 5:30-6:30 p.m. 270004-A1 \$49.50/\$99, 8 classes 270004-A2 \$43.50/\$87, 7 classes Instructor: Ron/Bill	Corefusion 😊 5:20-6:20 p.m. 270055-A1 \$49.50/\$99, 8 classes 270055-A2 \$43.50/\$87, 7 classes Instructor: Dorinda	Functional Strength Exp. 12:15-12:45 p.m. 😊 270016-B1 \$18.25/\$36.50, 7 classes, no 10/11 270016-B2 5 classes, no 12/13, 10/25 Instructor: Eli		
Begin to Spin 😊 5:30-6:30 p.m. 270002-A1 \$36/\$72, 7 classes, no 9/3 270002-A2 \$36/\$72, 7 classes Instructor: Ron	All Levels Yoga 😊 6:45-7:45 p.m. 270025-A1 \$49.50/\$99, 8 classes 270025-A2 \$43.50/\$87, 7 classes Instructor: Bill	Hardcore Bootcamp 6:30-7:15 p.m. 😊 270012-A1 \$32.50/\$65 7 classes - no 9/19 270012-A2 \$28/\$56, 6 classes, no 10/31 Instructor: Jerry	Functional Strength 6-7 p.m. 😊 270014-A1 \$41.25/\$82.50, 8 classes 270014-A2 \$36/\$72, 7 classes Instructor: Jodi		
Cardio Kickbox 😊 6:35-7:20 p.m. 270077-A1 \$32.50/\$65, 7 classes, no 9/3 270077-A2 \$32.50/\$65, 7 classes Instructor: Mandy			First Year Tai Chi 6-7:15 p.m. 😊 270029-A1 \$46.50/\$93 6 classes, no 10/4, 10/18 270029-A2 \$54.25/\$108.50 7 classes Instructor: George		
			Continuing Tai Chi 7:30-8:45 p.m. 270030-A1 \$46.50/\$93 6 classes, no 10/4, 10/18 270030-A2 \$54.25/\$108.50, 7 classes Instructor: George		

FALL FITNESS CLASSES

Session 1:

Tuesday, Sept. 4th - Sunday, Oct. 28th

Session 2:

Monday, Oct. 29th - Sunday, Dec. 21st

No regularly scheduled classes will be held
November 19-25

Giving week schedule will be held during 11/19-
11/25 – schedule TBA

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

See class descriptions on pages 35-37

For help finding the right class for your needs,
see page 34

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.