

# FITNESS SCHEDULE WINTER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin w/Deb</b> <b>5:45-6:45 a.m.</b> <b>M/W/F</b> 370001-A, 32 classes - no 1/1 \$165/\$330 Instructor: Deb/Ron	<b>Hardcore Bootcamp</b> <b>5:35-6:20 a.m.</b> 370012-B, 10 classes, - no 1/2 \$46.50/\$93 Instructor: Jerry	<b>Spin w/Ron</b> <b>5:45-6:45 a.m.</b> <b>M/W/F</b> 370001-A, 32 classes - no 1/1 \$165/\$330 Instructor: Deb/Ron	<b>Hardcore Bootcamp</b> <b>5:35-6:20 a.m.</b> 370012-C, 11 classes \$51.25/\$102.50 Instructor: Jerry	<b>Spin w/Deb</b> <b>5:45-6:45 a.m.</b> <b>M/W/F</b> 370001-A, 32 classes - no 1/1 \$165/\$330 Instructor: Deb/Ron	<b>Warrior Training</b> <b>7-7:45 a.m.</b> 370011-A, 11 classes \$42.50/\$85 Instructor: Eli	<b>Sunrise Yoga</b> <b>8:30-9:30 a.m.</b> ☺ 370023-A, 11 classes \$68.25/\$136.50 Instructor: Suzanne
<b>TRX</b> <b>9-9:30 a.m.</b> ☺ 370076-A, 8 classes - no 1/1, 1/15, 2/19 \$24.75/\$49.50 Instructor: Jess	<b>Spin</b> <b>6:30-7:30 a.m. T/Th</b> 370001-D, 22 classes, \$113.50/\$227 Instructor: Ron	<b>All Levels Yoga</b> <b>7-8 a.m.</b> 370025-B, 11 classes \$68.25/\$136.50 Instructor: Bill	<b>Spin</b> <b>6:30-7:30 a.m. T/Th</b> 370001-D, 22 classes \$113.50/\$227 Instructor: Ron	<b>Functional Strength</b> <b>9-10 a.m.</b> ☺ 370014-C, 11 classes \$68.25/\$136.50 Instructor: Jodi	<b>Spin</b> <b>8-9 a.m.</b> 370001-C2, 11 classes \$56.75/\$113.50 Instructor: Ron	<b>Extreme Spin</b> <b>9:45-11 a.m.</b> ☺ 370002-A, 11 classes \$85.25/\$176 Instructor: Ron
<b>Salsa Fit</b> <b>9-10 a.m.</b> ☺ 370032-B, 8 classes - no 1/1, 1/15, 2/19 \$49.50/\$99 Instructor: Kelly	<b>Dance Your Yoga</b> <b>Flow</b> <b>9-10 a.m.</b> ☺ 370061-A, 11 classes \$68.25/\$136.50 Instructor: Kelly	<b>Kettlebells</b> <b>9-9:30 a.m.</b> ☺ 370075-B, 11 classes \$34/\$68 Instructor: Jess	<b>Moderate Yoga</b> <b>9-10 a.m.</b> ☺ 370020-A, 11 classes \$68.25/\$136.50 Instructor: Sharon	<b>Water Fitness</b> <b>9:45-10:45 a.m.</b> ☺ 370037-C, 11 classes \$56.75/\$113.50 Instructor: TBA	<b>Power Yoga 1</b> <b>9:30-10:45 a.m.</b> ☺ 370026-A, 7 classes \$85.25/\$170.50 Instructor: Sharon	
<b>Water Fitness</b> <b>9:45-10:45 a.m.</b> ☺ 370037-A, 8 classes - no 1/1, 1/15, 2/19 \$41.25/\$82.50 Instructor: Lizzie	<b>Silver Sneakers Yoga</b> <b>10-10:45 a.m.</b> ☺ 370022-B, 10 classes - no 2/20 \$46.50/\$93 Instructor: Mandy	<b>Salsa Fit</b> <b>9-10 a.m.</b> ☺ 370032-A, 11 classes \$68.25/\$136.50 Instructor: Kelly	<b>Pilates with Props</b> <b>10-11 a.m.</b> ☺ 370028-B, 10 classes - no 1/4, **** \$62/\$124 Instructor: Deb G.	<b>Yin/Yang</b> <b>10:30-11:30 a.m.</b> ☺ 370023-A, 11 classes \$68.25/\$136.50 Instructor: Sharon	<b>Ability Fitness</b> <b>12-12:45 a.m.</b> ☺ 370005-A, 9 classes - no 1/20, 2/17 \$41.75/\$83.50 Instructor: Mandy	
<b>Functional Strength</b> <b>10:10-11:10 a.m.</b> ☺ 370014-B, 8 classes - no 1/1, 1/15, 2/19 \$49.50/\$99 Instructor: Jodi	<b>Pilates w/Props</b> <b>10:30-11:30 a.m.</b> ☺ 370028-B, 10 classes no 1/2, **** \$62/\$124 Instructor: Deb G.	<b>Water Fitness</b> <b>9:45-10:45 a.m.</b> ☺ 370037-B, 11 classes \$56.75/\$113.50 Instructor: Lizzie	<b>Silver Sneakers</b> <b>Circuit</b> <b>10-10.45 a.m.</b> ☺ 370008-B, 10 classes - no 2/22 \$46.50/\$93 Instructor: Mandy			
<b>Silver Sneakers</b> <b>Circuit</b> <b>11-11:45 a.m.</b> ☺ 370008-A, 8 classes - no 1/1, 1/15, 2/19 \$37.25/\$75 Instructor: Lizzie	<b>Aqua Therapy</b> <b>10:45-11:30 a.m.</b> <b>T/Th</b> ☺ 370041-A, 22 classes \$84.75/\$169.50 Instructor: Dorinda	<b>Gentle Yoga</b> <b>10:30-11:30 a.m.</b> ☺ 370046-A, 11 classes \$68.25/\$136.50 Instructor: Sharon	<b>Aqua Therapy</b> <b>10:45-11:30 a.m.</b> <b>T/Th</b> ☺ 370041-A, 22 classes \$84.75/\$169.50 Instructor: Dorinda			
<b>Therapy Ball Relax/ Restore</b> <b>11:15-12 p.m.</b> ☺ 370010-B, 8 classes -	<b>Silver Sneakers Yoga</b> <b>10:50-11:35 a.m.</b> ☺ 370022-C, 10 classes - no 2/20	<b>Silver Sneakers</b> <b>Circuit</b> <b>11-11:45 a.m.</b> ☺ 370008-C, 10 classes -	<b>Therapy Ball Relax/ Restore</b> <b>11 a.m.-12 p.m.</b> ☺ 370010-A, 10 classes -			

no 1/1, 1/15, 2/19 \$57.25/\$75 Instructor: Jodi	\$46.50/\$93 Instructor: Mandy	no 2/28 \$46.50/\$93 Instructor: Lizzie	no 1/4, **** \$62/\$124 Instructor: Deb			
<b>Silver Sneakers Classic</b> <b>12-12:45 p.m.</b> ☺ 370015-A, 8 classes - no 1/1, 1/15, 2/19 \$30.75/\$61.50 Instructor: Lizzie	<b>Aqua Therapy</b> ☺ <b>11:35 a.m.-12:20 p.m. T/Th</b> 370041-B, 22 classes \$84.75/\$169.50 Instructor: Dorinda	<b>Silver Sneakers Classic</b> <b>12-12:45 p.m.</b> ☺ 370015-B, 10 classes - no 2/28 \$38.50/\$77 Instructor: Lizzie	<b>Silver Sneakers Yoga</b> <b>10:50-11:35 p.m.</b> ☺ 370015-A, 10 classes - no 2/22 \$46.50/\$93 Instructor: Mandy			
<b>Kettlebells</b> <b>12:15-12:45 p.m.</b> ☺ 370075-B, 8 classes - no 1/1, 1/15, 2/19 \$24.75/\$49.50 Instructor: Jess	<b>Yoga Core</b> <b>12-1 p.m.</b> ☺ 370021-A, 7 classes \$68.25/\$136.50 Instructor: Sharon	<b>TRX</b> <b>12:15-12:45 p.m.</b> ☺ 370076-B, 11 classes \$34/\$68 Instructor: Jess	<b>Aqua Therapy</b> <b>11:35 a.m.-12:20 p.m. T/Th</b> ☺ 370041-B, 22 classes \$84.75/\$169.50 Instructor: Dorinda			
<b>Laughter Pilates</b> <b>4:15-5:15 p.m.</b> ☺ 370037-A, 10 classes - no 1/1 \$62/\$124 Instructor: Margherita	<b>Functional Strength Exp.</b> <b>12:15-12:45 p.m.</b> ☺ 370016-A, 11 classes \$34/\$68 Instructor: Eli	<b>Silver Sneakers Splash</b> <b>1-1:45 p.m.</b> ☺ 370067-A, 11 classes \$42.50/\$85 Instructor: TBA	<b>Functional Strength Exp.</b> <b>12:15-12:45 p.m.</b> ☺ 370016-B, 11 classes \$34/\$68 Instructor: Eli			
<b>TRX Pump</b> <b>5:30-6:30 p.m.</b> ☺ 370073-A, 9 classes - no 1/1, 2/19 \$55.75/\$111.50 Instructor: Mandy	<b>Spoga</b> <b>5:15-6:15 p.m.</b> ☺ 370004-A, 11 classes \$68.25/\$136.50 Instructor: Ron/Bill	<b>Corefusion</b> <b>5:20-6:20 p.m.</b> ☺ 370055-A, 11 classes \$68.25/\$136.50 Instructor: Dorinda	<b>Pilates with Props</b> <b>4:15-5:15 p.m.</b> 370028-A, 10 classes - no 1/4, **** \$62/\$124 Instructor: Deb G.			
<b>Begin to Spin</b> <b>5:30-6:30 p.m.</b> ☺ 370003-A, 4 classes - 1/8-1/29, \$20/\$40 370003-B, 4 classes - 2/5-3/5, \$20/\$40 Instructor: Ron	<b>All Levels Yoga</b> <b>6:30-7:30 p.m.</b> ☺ 370025-A, 10 classes - no 1/3 \$68.25/\$136.50 Instructor: Bill	<b>Hardcore Bootcamp</b> <b>6:30-7:15 p.m.</b> ☺ 370012-A, 11 classes \$51.25/\$102.50 Instructor: Jerry	<b>Functional Strength</b> <b>5:45-6:45 p.m.</b> ☺ 370014-A, 11 classes \$68.25/\$136.50 Instructor: Jodi			
<b>Cardio Kickbox</b> <b>6:30-7:15 p.m.</b> ☺ 370077-A, 9 classes - no 1/1, 2/19 \$41.75/\$83.50 Instructor: Mandy			<b>First Year Tai Chi</b> <b>6-7:15 p.m.</b> ☺ 370029-A, 11 classes \$85.25/\$125.50 Instructor: George	<b>Winter Reflection Yoga</b> <b>6:30-8 p.m.</b> 370047-A, 10 classes - no 1/26 \$93/\$180 Instructor: Karrie		
			<b>Continuing Tai Chi</b> <b>7:30-8:45 p.m.</b> 370030-A, 11 classes \$85.25/\$125.50 Instructor: George			

**WINTER FITNESS CLASSES**

**Session:**  
**Tuesday, January 2nd- Sunday, March 18th**  
Make up week for classes cancelled during session will be held March 19-March 25  
First fee listed is for MCC Member, second fee is for non-members  
See class descriptions on pages \*\*.\*\*  
For help finding the right class for your needs, see page\*\*  
Some no class dates may change will 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