

# 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.**