

# FITNESS SCHEDULE FALL 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin M/W/F</b> <b>5:45-6:45 a.m.</b> 270001-A1 \$118/\$236 20 classes, no 9/4 270001-A2 \$124/\$248 21 classes Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 270012-B1 \$50/\$100 7 classes 270012-B2 \$50/\$100 mansf Instructor: Tiffany - gym	<b>Spin M/W/F</b> <b>5:45-6:45 a.m.</b> 270001-A1 \$118/\$236 20 classes, no 9/4 270001-A2 \$124/\$248 21 classes Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 270012-C1 \$43/\$86 6 classes - no 9/21 270012-C2 \$50/\$100 7 classes Instructor: Jerry Gym	<b>Spin M/W/F</b> <b>5:45-6:45 a.m.</b> 270001-A1 \$118/\$236 20 classes, no 9/4 270001-A2 \$124/\$248 21 classes Instructor: Ron	<b>Hardcore Bootcamp</b> <b>8-8:45 a.m.</b> 270012-D1 \$43/\$86 6 classes - no 9/9 270012-D1 \$50/\$100 7 classes Instructor: Tiffany	<b>Restore Yoga</b> <b>8:15-9:15 a.m.</b> 270045-A1 \$50/\$100 6 classes - no 10/8 270045-A2 \$50/\$100 5 classes -no 11/5, 11/12 Instructor: TBA
<b>TRX ☺</b> <b>9-9:30 a.m.</b> 270076-A1 \$18/\$36 5 classes - no 9/4, 10/9 270076-A2 \$25/\$50 7 classes Instructor: Jess Gym A	<b>Spin T/Th</b> <b>6:30-7:30 a.m.</b> 270001-B1 \$83/\$166 14 classes 270001-B2 \$83/\$166 14 classes Instructor: Ron	<b>TRX Circuit ☺</b> <b>7-7:45 a.m.</b> 270074-A1 \$38/\$76 7 classes 270074-A2 \$38/\$76 7 classes Instructor: Tiffany - Gym A	<b>Spin T/Th</b> <b>6:30-7:30 a.m.</b> 270001-B1 \$83/\$166 14 classes 270001-B2 \$83/\$166 14 classes Instructor: Ron	<b>Functional Strength ☺</b> <b>8:45-9:45 a.m.</b> 270014-B1 \$50/\$100 7 classes 270014-B2 \$50/\$100 7 classes Instructor: Colleen	<b>Spin ☺</b> <b>9-10 a.m.</b> 270001-C1 \$35/\$70 6 classes - no10/7 270001-C2 \$35/\$70 6 classes - no 11/18 Instructor: Keri	<b>Youth Dance</b> <b>12:10-2 p.m.</b> Registration Begins 8/24 for residents, 8/28 for non-residents See page 38
<b>Water Fitness ☺</b> <b>9:45-10:45 a.m.</b> 270037-A1 \$36/\$72 5 classes - no 9/4, 10/9 270037-A2 \$50/\$100 7 classes Instructor: Keri	<b>Functional Strength ☺</b> <b>8:45-9:45 a.m.</b> 270014-A1 \$50/\$100 7 classes 270014-A2 \$50/\$100 7 classes Instructor: Colleen	<b>Water Fitness ☺</b> <b>8:45-9:45 a.m.</b> 270037-B1 \$50/\$100 7 classes 270037-B2 \$50/\$100 7 classes Instructor:	<b>TRX ☺</b> <b>9-9:30 a.m.</b> 270076-B1 \$25/\$50 7 classes 270076-B2 \$25/\$50 7 classes Instructor: Colleen Gym A	<b>Water Fitness ☺</b> <b>10-11 a.m.</b> 270037-C \$50/\$100 7 classes 270037-C2 \$50/\$100 7 classes Instructor:		
<b>Silver Sneakers Classic</b> <b>10-10:45 a.m. ☺</b> 270015-A1 \$27/\$54 5 classes - no 9/4, 9/25 270015-A2 \$38/\$76 7 classes Instructor: Jerry-Comm. Rm	<b>Mat Pilates ☺</b> <b>9:50-10:50 a.m.</b> 270028-A1 \$50/\$100 7 classes 270028-A2 \$50/\$100 7 classes Instructor: Colleen	<b>📺 Salsa Fit ☺</b> <b>9-10 a.m.</b> 270032-A1 \$50/\$100 7 classes 270032-A2 \$50/\$100 7 classes Instructor: Kelly	<b>Barre ☺</b> <b>9:45-10:45 a.m.</b> 270007-A1 \$50/\$100 7 classes 270007-A2 \$50/\$100 7 classes Instructor: Colleen	<b>Yin/Yang Yoga ☺</b> <b>10:30-11:30 a.m.</b> 270023-A1 \$50/\$100 7 classes 270023-A2 \$50/\$100 7 classes Instructor: Sharon		
<b>📺 Chair Classic</b> <b>10-10:45 a.m.</b> 270015-V1 \$27/\$54 5 classes - no 9/4, 9/25 270015-V2 \$38/\$76 7 classes Instructor: Jerry	<b>Aqua Therapy ☺</b> <b>10:30-11:15 a.m. T/Th</b> 270041-A1 \$76/\$152 14 classes 270041-A2 \$76/\$152 14 classes Instructor: Dorinda	<b>Silver Sneakers Classic</b> <b>10-10:45 a.m. ☺</b> 270015-B1 \$38/\$76 7 classes 270015-B2 \$38/\$76 7 classes Instructor: Colleen	<b>Aqua Therapy ☺</b> <b>10:30-11:15 a.m. T/Th</b> 270041-A1 \$76/\$152 14 classes 270041-A2 \$76/\$152 14 classes Instructor: Dorinda	<b>Silver Sneakers Stability</b> <b>11:15-12:00 p.m. ☺</b> 270019-A1 \$38/\$76 7 classes 270019-A2 \$38/\$76 7 classes Instructor: Colleen - Comm rm		
<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m. ☺</b> 270008-A1 \$27/\$54 5 classes - no 9/4, 9/25 270008-A2 \$38/\$76 7 classes Instructor: Jerry - Comm Rm	<b>Silver Sneakers Circuit/Yoga</b> <b>11-11:45 a.m. ☺</b> 270021-A1 \$38/\$76 7 classes 270021-A2 \$38/\$76 7 classes Instructor: Colleen	<b>📺 Chair Classic</b> <b>10-10:45 a.m.</b> 270015-Z1 \$38/\$76 7 classes 270015-Z2 \$38/\$76 7 classes Instructor: Colleen	<b>Silver Sneakers Yoga</b> <b>11-11:45 a.m. ☺</b> 270022-A1 \$38/\$76 7 classes 270022-A2 \$38/\$76 7 classes Instructor: Colleen			
<b>📺 Chair Circuit</b> <b>11-11:45 a.m.</b> 270008-V1 \$27/\$54 5 classes - no 9/4, 9/25 270008-V2 \$38/\$76 7 classes Instructor: Jerry	<b>Aqua Therapy ☺</b> <b>11:20 a.m.-12:05 p.m. T/Th</b> 270041-B1 \$76/\$152 14 classes 270041-B2 \$76/\$152 14 classes Instructor: Dorinda	<b>Gentle Yoga ☺</b> <b>10:30-11:30 a.m.</b> 270046-A1 \$50/\$100 7 classes 270046-A2 \$50/\$100 7 classes Instructor: Sharon	<b>📺 Chair Yoga</b> <b>11-11:45 a.m.</b> 270022-V1 \$38/\$76 7 classes 270022-V2 \$38/\$76 7 classes Instructor: Colleen			
<b>Kettlebells ☺</b> <b>12:15-12:45 p.m.</b> 270075-A1 \$18/\$36 5 classes - no 9/4, 10/9 270075-A2 \$25/\$50 7 classes Instructor: Jess Gym A	<b>Belly Dance ☺</b> <b>5:15-6:15 pm</b> Registration Begins 8/24 for residents, 8/28 for non-residents	<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m. ☺</b> 270008-B1 \$38/\$76 7 classes 270008-B2 \$38/\$76 7 classes Instructor: Colleen	<b>Aqua Therapy ☺</b> <b>11:20 a.m.-12:05 p.m. T/Th</b> 270041-B1 \$76/\$152 14 classes 270041-B2 \$76/\$152 14 classes Instructor: Dorinda			
<b>Yoga Foundations</b> <b>1-2 p.m.</b> 270071-A1 \$36/\$72 5 classes - no 9/4, 10/9 270071-A2 \$50/\$100 7 classes Instructor: Ayaa	<b>Spoga ☺</b> <b>6:45-7:45 pm</b> 270004-A1 \$41/\$82 7 classes 270004-A2 \$41/\$82 7 classes Instructor: Ron	<b>📺 Chair Circuit</b> <b>11-11:45 a.m.</b> 270008-Z1 \$38/\$76 7 classes 270008-Z2 \$38/\$76 7 classes Instructor: Colleen	<b>Ability Fitness ☺</b> <b>6-6:45 p.m.</b> 270005-A1 \$27/\$54 5 classes - no 10/5, 10/12 270005-A2 \$32/\$64 6 classes - no 12/14 Instructor: Mandy			
<b>Pilates Level 2</b> <b>4-5 p.m.</b> 270047-A1 \$43/\$86 6 classes - no 9/4 270047-A2 \$50/\$100 7 classes Instructor: Margherita		<b>Primal Gym ☺</b> <b>12:15-12:45 p.m.</b> 270003-A1 \$25/\$50 7 classes Instructor: Jess	<b>Cardio Kick &amp; Core ☺</b> <b>6:50-7:35 p.m.</b> 270077-A1 \$27/\$54 5 classes - no 10/5, 10/12 270077-A2 \$32/\$64 6 classes-no 12/14 Instructor: Mandy			
<b>Belly Dance ☺</b> <b>5:15-6:15 pm</b> Registration Begins 8/24 for residents, 8/28 for non-residents See page 37		<b>Breathe HIIT Calm ☺</b> <b>12:15-12:45 p.m.</b> 270018-A2 \$25/\$50 7 classes Instructor: Jess	<b>1st Year Tai Chi ☺</b> <b>5:30-6:45 p.m.</b> 270029-A1 \$63/\$126 7 classes 270029-A2 \$63/\$126 7 classes Instructor: George			
		<b>Corefusion ☺</b> <b>5:20-6:20 p.m.</b> 270055-A1 \$50/\$100 7 classes 270055-A2 \$50/\$100 7 classes Instructor: Dorinda	<b>Continuing Tai Chi</b> <b>7-8:15 p.m.</b> 270030-A1 \$63/\$126 7 classes 270030-A2 \$63/\$126 7 classes Instructor: George			

## FALL FITNESS CLASSES

**Session 1: Tuesday, September 5 - Sunday October 22**  
**Session 2: Monday, October 23 - Sunday, December 17**

No regularly scheduled classes 11/20-11/26 - Giving week schedule will be available mid November

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

**See class descriptions on pages 34-35**

**For help finding the right class for your needs, see page 33**

Please check your receipt for information updated after printing of brochure

**KEY**

- Class is in Gym
- Class is in Pool
- Class is Studio
- Class is Virtual Via Zoom- 📺
- Class is in Community Room
- Class is Outdoors
- ☺ Child Care Available

**FLEX YOUR OPTIONS!** Here are ways to maintain a flexible fitness schedule and still enjoy your classes: Members - Fitness Flex 15 classes = \$129, Fitness Flex 25 classes = \$215. Members may also pay per one class drop in \$9 each. Non-members - \$15 per one class drop in. Not a member yet? See how our month-to-month membership options can give you more options and save you money on our Fitness programs.