

FITNESS SCHEDULE WINTER 2026

UPDATED 12/5/25

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
Spin M *Member Only* 5:45-6:45 a.m. 372000-A 10 classes- no 1/19 & 2/16 Instructor: Ron	Hardcore Bootcamp 5:40-6:25 a.m. 370012-A \$51/\$102 11 Classes Instructor: Tiffany	Spin W/F 5:45-6:45 a.m. 370001-A \$130/\$260 18 classes- no 1/7 Instructor: Ron	Hardcore Bootcamp *Member Only* 5:35-6:20 a.m. 372007-A 11 Classes Instructor: Tiffany	Spin W/F 5:45-6:45 a.m. 370001-A \$130/\$260 18 classes- no 1/16, 1/23, 2/13 Instructor: Keri	Hardcore Bootcamp 8-8:45 a.m. 370012-B \$27/\$54 5 classes only - 2/17- 3/21, no 2/14 & 3/7 Instructor: Tiffany	Restore Yoga *Member Only* 8:15-9:15 a.m. 372010-A 9 classes - no 1/25 & 3/15 Instructor: Carol	
Boxing Basics 8:45-9:30 a.m. 370099-A \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	Spin T/Th 6:30-7:30 a.m. 370001-B \$145/\$290 20 classes- no 1/6, 1/8 Instructor: Ron	Tabata 8-8:30 a.m. 370100-B \$35/\$70 11 classes Instructor: Tiffany	Spin T/Th 6:30-7:30 a.m. 370001-B \$145/\$290 20 classes- no 1/6, 1/8 Instructor: Ron	Spin *Member Only* 7:45 - 8:30 a.m. 372000-B 7 classes- no 1/16, 1/23, 2/6, 2/27 Instructor: Keri	Senior Fit Yoga 9:30-10:15 a.m. 370022-B \$50/\$100 11 classes Instructor: Masila	Extreme Spin 9:30 - 11 a.m. 370002-A \$90/\$180 10 classes- no 1/11 Instructor: Ron	
TRX Circuit 9-9:45 a.m. 370074-A \$42/\$84 9 classes- no 1/19 & 2/16 Instructor: Jiani	Pilates Level 1 9:45-10:30 a.m. 370028-B \$49/\$98 10 classes- no 1/20, 1/27 Instructor: Keri	Water Fitness 9:30-10:30 a.m. 370037-B \$80/\$160 11 classes Instructor: Keri	Barre 9:30-10:30 a.m. 370007-A \$72/\$114 10 classes- no 2/12 Instructor: Keri	Strength Fusion *Member Only* 8:45-9:30 a.m. 372009-A 11 classes Instructor: Tiffany	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>*Additional Class* Wednesday's Functional Strength 8:45-9:30 a.m. \$51/\$102 370014-A 11 Classes Instructor: Tiffany Fitness/Dance Studio</p> </div>		
Water Fitness 10-11 a.m. 370037-A \$50/\$100 7 classes- no 1/5, 1/19, 1/26, 3/2 Instructor: Keri	Pilates Level 2* 10:40 - 11:25 a.m. 370028-C \$49/\$98 10 classes- no 1/20, 1/27 Instructor: Keri	Silver Sneakers Classic 10-10:45 a.m. 370015-B \$54/\$108 10 classes- no 2/18 Instructor: Jerry	Aqua Therapy 10:30-11:15 a.m. T/Th 370041-A \$102/\$204 22 classes Instructor: Dorinda	Yoga Strength and Stability 10:30-11:30 a.m. 370023-A \$79/\$158 11 classes Instructor: Sharon			
Kettlebell 10-10:30 a.m. 370075-A \$28/\$56 9 classes- no 1/19 & 2/16 Instructor: Tiffany	Aqua Therapy 10:30-11:15 a.m. T/Th 370041-A \$102/\$204 22 classes Instructor: Dorinda	Chair Classic 10-10:45 a.m. 370015-Z \$54/\$108 10 classes- no 2/18 Instructor: Jerry	Senior Fit Yoga *Member Only* 11-11:45 a.m. 372008-A 10 classes- no 1/8 Instructor: Ron	Silver Sneakers Stability 10:00-10:45 a.m. 370019-A \$42/\$84 10 classes- no 1/9 Instructor: Ron			
Total Body Start 10-11 a.m. 370097-A \$80/\$160 11 classes Instructor: Jiani	Senior Fit Circuit *Member Only* 11-11:45 a.m. 372004-A 10 classes- no 1/6 Instructor: Ron	Gentle Yoga 10:30-11:30 a.m. 370046-A \$79/\$158 11 classes Instructor: Sharon	Aqua Therapy 11:20 a.m.-12:05 p.m. T/Th 370041-B \$102/\$204 22 classes Instructor: Dorinda	Silver Sneakers Stability 11:15-12:00 p.m. 370019-B \$42/\$84 10 classes- no 1/9 Instructor: Ron	<div style="border: 1px solid black; padding: 10px;"> <p style="text-align: center;">MEMBER-ONLY FITNESS CLASSES!</p> <p>NEW! Included in your membership to the community center you now get access to select classes for free. Pre-registration is required, registration opens 24hours prior to the class start time. Use the QR code below to learn more information and to learn how to register for these free classes!</p> <div style="text-align: center;">  <p>SCAN HERE</p> </div> </div>		
Tabata *Member Only* 10:45-11:15 a.m. 372001-A 9 classes- no 1/19 & 2/16 Instructor: Tiffany	Aqua Therapy 11:20 a.m.-12:05 p.m. T/Th 370041-B \$102/\$204 22 classes Instructor: Dorinda	Silver Sneakers Circuit 11-11:45 a.m. 370008-B \$54/\$108 10 classes- no 2/18 Instructor: Jerry	Senior Fit Circuit 2:30-3:15 p.m. 370018-A \$50/\$100 11 classes Instructor: Jiani	Power Pilates 12-12:45 p.m. 370028-E \$80/\$160 11 classes Instructor: Jiani			
Silver Sneakers Classic 10-10:45 a.m. 370015-A \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	Osteoporosis for Women 12-1 p.m. 370050-A \$50/\$100 5 Classes Only- 1/6 - 2/3 Instructor: Kristin	Chair Circuit 11-11:45 a.m. 370008-Z \$54/\$108 10 classes- no 2/18 Instructor: Jerry	Zumba 5-6 p.m. 370096-A \$65/\$130 9 Classes- no 1/15 & 2/12 Instructor: Tianna				
Chair Classic 10-10:45 a.m. 370015-V \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	AT for All 12-1 p.m. 370051-A \$50/\$100 5 Classes Only- 2/10 - 3/10 Instructor: Kristin	Boxing Basics 3-3:45 p.m. 370099-B \$54/\$108 10 classes- no 2/18 Instructor: Jerry	Ability Fitness 6:15-7:00 p.m. 6:15-7:00 p.m. 370005-A \$49/\$98 9 classes- no 2/19 & 3/12 Instructor: Mandy				
Silver Sneakers Circuit 11-11:45 a.m. 370008-A \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	Senior Fit Yoga 2:30-3:15 p.m. 370022-A \$50/\$100 11 classes CANCELLED Instructor: Masila	Corefusion 5-6 p.m. 370055-A \$68/\$136 11 classes Instructor: Dorinda	1st Year Tai Chi 5:30-6:45 p.m. 370029-A \$99/\$198 11 classes Instructor: George				
Chair Circuit 11-11:45 a.m. 370008-V \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	Student Yoga *Member Only* 2:40 - 3:25 p.m. 372011-A 11 Classes Instructor: Dorinda		Continuing Tai Chi 7-8:15 p.m. 370030-A \$99/\$198 11 classes Instructor: George				
Functional Power *Member Only* 4:00-4:45 p.m. 372002-A 11 classes Instructor: Jiani	Spoga *Member Only* 6:55-7:55 p.m. 372005-A 10 classes - no 1/6 Instructor: Ron		Power Pilates 7:15 - 8:00pm 370028-D \$80/\$160 11 classes Instructor: Jiani				
Pilates- Dynamic *Member Only* 5:15 - 6:15 p.m. 372003-A 11 classes Instructor: Jiani							
Pilates- Dynamic 6:30 - 7:30 p.m. 370028-A \$80/\$160 11 classes Instructor: Jiani							

WINTER FITNESS CLASSES 2026

Session : Monday, January 5th - Sunday, March 22nd

Make-Up Class Week: Monday, March 23rd - Sunday, March 29th

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

MCC Member Only included in membership

See class descriptions on pages 30-31

For help finding the right class for your needs, see page 27

Please check your receipt for information updated after printing of brochure

KEY

- Class is in gym
- Class is in pool
- Class is in Community Room
- Class is Virtual

