

FITNESS SCHEDULE SPRING 2026

Updated 3/19/26

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|-------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|
| Spin M *Member Only* 5:45-6:45 a.m. 472000-A 9 classes- no 5/25 Instructor: Ron | Hardcore Bootcamp 5:40-6:25 a.m. 470012-A \$44/\$88 9 classes- no 4/14 Instructor: Tiffany | Spin W/F 5:45-6:45 a.m. 470001-A \$130/\$260 20 classes Instructor: Ron | Hardcore Bootcamp *Member Only* 5:35-6:20 a.m. 472007-A 8 Classes- no 4/16 & 5/14 Instructor: Tiffany | Spin W/F 5:45-6:45 a.m. 470001-A \$130/\$260 20 classes Instructor: Ron | ☺ Chair Yoga 10:11am 470046-A \$52/\$104 8 Classes- no 4/18 & 4/25 Instructor: Masila CANCELLED | Restore Yoga *Member Only* 8:15-9:15 a.m. 472010-A 8 classes- no 6/7 & 6/14 Instructor: Carol |
| ☺ Total Body 9-10 a.m. 470097-A \$68/136 9 classes- no 5/25 Instructor: Jiani | Spin T/Th 6:30-7:30 a.m. 470001-B \$130/\$260 20 classes Instructor: Ron | Tabata 8-8:30 a.m. 470100-B \$26/\$52 8 classes- no 4/15 & 5/13 Instructor: Tiffany | Spin T/Th 6:30-7:30 a.m. 470001-B \$130/\$260 20 classes Instructor: Ron | Spin *Member Only* 7:45 - 8:30 a.m. 472000-B 8 classes- no 4/10, 5/22 Instructor: Keri | | |
| ☺ Kettlebell 10-10:30 a.m. 470074-A \$26/\$52 8 classes- no 4/13 & 5/25 Instructor: Tiffany | ☺ Pilates Level 1 9:45-10:30 a.m. 470028-B \$51/\$102 9 classes- no 4/7 Instructor: Keri | Functional Strength 8:45-9:30 a.m. 470014-A \$40/\$80 8 classes- no 4/15 & 5/13 Instructor: Tiffany | ☺ Barre 10-11 a.m. 470007-A \$61/\$122 8 classes- no 4/9 & 4/23 Instructor: Keri | ☺ Strength Fusion *Member Only* 8:45-9:30 a.m. 472009-A 8 classes- no 4/17, 6/5, 6/12 Instructor: Tiffany | | |
| ☺ Tabata 10:45-11:15 a.m. 470100-A \$26/\$52 8 classes- no 4/13 & 5/25 Instructor: Tiffany | ☺ Pilates Level 2 10:40 - 11:25 a.m. 470028-C \$51/\$102 9 classes- no 4/7 Instructor: Keri | ☺ Water Fitness 9:30-10:30 a.m. 470037-B \$61/\$122 8 classes- no 4/8 & 4/22 Instructor: Keri | ☺ Aqua Therapy 10:30-11:15 a.m. T/Th 470041-A \$88/\$176 18 classes- no 4/16 Instructor: Dorinda | ☺ Senior Fit Stability 10-10:45 a.m. 470023-A \$50/\$100 10 classes Instructor: Ron | | |
| ☺ Water Fitness 10 - 11 a.m. 470037-A \$61/\$122 8 Classes- no 4/6 & 5/25 Instructor: Keri | ☺ Aqua Therapy 10:30-11:15 a.m. T/Th 470041-A \$88/\$176 18 classes- no 4/14 Instructor: Dorinda | ☺ Senior Fit Classic 10-10:45 a.m. 470098-A \$68/\$136 9 classes- no 4/15 Instructor: Jerry | ☺ Senior Fit Yoga *Member Only* 11-11:45 a.m. 472008-A 10 classes Instructor: Ron | ☺ Yoga Strength & Stability 10:30-11:30 a.m. 470027-A \$76/\$152 10 classes Instructor: Sharon | | |
| ☺ Silver Sneakers Classic 10-10:45 a.m. 470015-A \$61/\$122 8 classes- no 4/13, 5/25 Instructor: Jerry | ☺ Senior Fit Circuit *Member Only* 11-11:45 a.m. 472004-A 10 classes Instructor: Ron | ☺ Chair Classic 10-10:45 a.m. 470015-Z \$68/\$136 9 classes- no 4/15 Instructor: Jerry | Aqua Therapy 11:20 a.m.-12:05 p.m. T/Th 470041-B \$88/\$176 18 classes - no 4/16 Instructor: Dorinda | ☺ Silver Sneakers Stability 11-11:45 a.m. 470019-A \$50/\$100 10 classes Instructor: Ron | | |
| ☺ Chair Classic 10-10:45 a.m. 470015-V \$61/\$122 8 classes- no 4/13, 5/25 Instructor: Jerry | Aqua Therapy 11:20 a.m.-12:05 p.m. T/Th 470041-B \$88/\$176 18 classes- no 4/14 Instructor: Dorinda | ☺ Gentle Yoga 10:30-11:30 a.m. 470046-A \$76/\$152 10 Classes Instructor: Sharon | ☺ Zumba *Member Only* 5 - 6 p.m. 472011-A 7 classes- no 5/21, 5/28, 6/11 Instructor: Tianna | | | |
| ☺ Silver Sneakers Circuit 11-11:45 a.m. 470008-A \$61/\$122 8 classes- no 4/13, 5/25 Instructor: Jerry | Osteoporosis for Women 12- 1 p.m. 470051-A \$55/\$110 5 Classes Only- 4/7 - 5/5 Instructor: Kristin | ☺ Silver Sneakers Circuit 11-11:45 a.m. 470008-B \$68/\$136 9 classes- no 4/15 Instructor: Jerry | ☺ Ability Fitness 6:15 - 7:00 p.m. 470005-A \$40/\$80 7 classes- no 4/9, 4/16, 5/14 Instructor: Mandy | | | |
| ☺ Chair Circuit 11-11:45 a.m. 470008-V \$61/\$122 8 classes- no 4/13, 5/25 Instructor: Jerry | AT for All 12-1 p.m. 470050-A \$55/\$110 5 classes only- 5/12 - 6/9 Instructor: Kristin | ☺ Chair Circuit 11-11:45 a.m. 470008-Z \$68/\$136 9 classes- no 4/15 Instructor: Jerry | ☺ 1st Year Tai Chi 5:30-6:45 p.m. 470029-A \$95/\$190 10 classes Instructor: George | | | |
| ☺ Pilates- Dynamic *Member Only* 5:15 - 6:15 p.m. 472003-A 9 classes- no 5/25 Instructor: Jiani | ☺ Spoga 6:15 - 7:15 p.m. 470004-A \$65/\$130 10 classes Instructor: Ron | Boxing Basics 3:15-4 p.m. 470099-A \$68/\$136 9 classes- no 4/15 Instructor: Jerry | Continuing Tai Chi 7-8:15 p.m. 470030-A \$95/\$190 10 classes Instructor: George | | | |
| ☺ Pilates- Dynamic 6:30 - 7:30 p.m. 470028-A \$68/\$136 9 classes- no 5/25 Instructor: Jiani | | ☺ Coreulusion 5-6 p.m. 470055-A \$59/118 9 classes- no 4/15 Instructor: Dorinda | | | | |

MEMBER-ONLY FITNESS CLASSES!

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!

SPRING FITNESS CLASSES 2026

Session: Monday, April 6 - Sunday June 14
 Make-Up Class Week: Monday, June 15 - Sunday, June 21

First fee listed is for MCC members, second fee is for non-members
 See class descriptions pages 35-36
 For help finding the right class for your needs, see page 34
 Please check your receipt for information updated after printing of brochure
 See page 38 for information on personal training
 See page 37-38 for information on health and fitness learning

KEY

- Class is in gym
- Class is in pool
- Class is in Community Room
- Class is Virtual
- ☺ Child Care Available

LET OUR FITNESS STAFF HELP YOU

GET STARTED ON YOUR FITNESS JOURNEY THE RIGHT WAY!

FREE STARTING STRONG EQUIPMENT ORIENTATION SESSIONS AVAILABLE TO MEMBERS

CALL 860-429-3015 EXT. 0

Flex your options: Here are ways to maintain a flexible fitness schedule and still enjoy your classes: Members - Fitness Flex 15 classes = \$135, Fitness Flex 25 classes = \$225. Expires 1 year from date of purchase. Members may also pay per one class drop in \$10 each. Non-members = \$16 per one class drop in. Not a member yet? See how our 3 month memberships can give you more options and save you money on fitness programs.