

# FITNESS SCHEDULE WINTER 2026

UPDATED 1/29/26

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin M</b> <b>*Member Only*</b> <b>5:45-6:45 a.m.</b> 372000-A 10 classes- no 1/5 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 370012-A \$51/\$102 11 Classes Instructor: Tiffany	<b>Spin W/F</b> <b>5:45-6:45 a.m.</b> 370001-A \$130/\$260 18 classes- no 1/7 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>*Member Only*</b> <b>5:35-6:20 a.m.</b> 372007-A 11 Classes Instructor: Tiffany	<b>Spin W/F</b> <b>5:45-6:45 a.m.</b> 370001-A \$130/\$260 18 classes- 1/23, 2/13 Instructor: Ron	<b>Hardcore Bootcamp</b> <b>8-8:45 a.m.</b> 370012-B \$27/\$54 5 classes only - 2/7- 3/21, no 2/14 & 3/7 Instructor: Tiffany	<b>Restore Yoga</b> <b>*Member Only*</b> <b>8:15-9:15 a.m.</b> 372010-A 9 classes - no 1/25 & 3/15 Instructor: Carol
<b>Boxing Basics</b> <b>8:45-9:30 a.m.</b> 370099-A \$42/\$84 9 classes- no 1/19 & 2/16 Instructor: Jerry <b>CANCELLED</b>	<b>Spin T/Th</b> <b>6:30-7:30 a.m.</b> 370001-B \$145/\$290 20 classes- no 1/6, 1/8 Instructor: Ron	<b>Tabata</b> <b>8-8:30 a.m.</b> 370100-B \$35/\$70 11 classes Instructor: Tiffany	<b>Spin T/Th</b> <b>6:30-7:30 a.m.</b> 370001-B \$145/\$290 20 classes- no 1/6, 1/8 Instructor: Ron	<b>Spin</b> <b>*Member Only*</b> 7:45 - 8:30 a.m. 372000-B 8 classes- 1/23, 2/6, 2/27 Instructor: Keri	<b>Senior Fit Yoga</b> <b>9:30-10:15 a.m.</b> 370022-B \$50/\$100 11 classes Instructor: Masila <b>CANCELLED</b>	<b>Extreme Spin</b> <b>9:30 - 11 a.m.</b> 370002-A \$90/\$180 10 classes- no 1/11 Instructor: Ron
<b>TRX Circuit</b> <b>9-9:45 a.m.</b> 370074-A \$42/\$84 9 classes- no 1/19 & 2/16 Instructor: Jiani <b>CANCELLED</b>	<b>Pilates Level 1</b> <b>9:45-10:30 a.m.</b> 370028-B \$49/\$98 10 classes- no 1/20, 1/27 Instructor: Keri	<b>Water Fitness</b> <b>9:30-10:30 a.m.</b> 370037-B \$80/\$160 11 classes Instructor: Keri	<b>Barre</b> <b>9:30-10:30 a.m.</b> 370007-A \$72/\$114 10 classes- no 2/12 Instructor: Keri	<b>Strength Fusion</b> <b>*Member Only*</b> <b>8:45-9:30 a.m.</b> 372009-A 11 classes Instructor: Tiffany	<p><b>*Additional Class*</b> Wednesday's Functional Strength 8:45-9:30 a.m. \$51/\$102 370014-A 11 Classes Instructor: Tiffany Fitness/Dance Studio</p>	
<b>Water Fitness</b> <b>10-11 a.m.</b> 370037-A \$50/\$100 7 classes- no 1/5, 1/19, 1/26, 3/2 Instructor: Keri	<b>Pilates Level 2*</b> <b>10:40 - 11:25 a.m.</b> 370028-C \$49/\$98 10 classes- no 1/20, 1/27 Instructor: Keri	<b>Silver Sneakers Classic</b> <b>10-10:45 a.m.</b> 370015-B \$54/\$108 10 classes- no 2/18 Instructor: Jerry	<b>Aqua Therapy</b> <b>10:30-11:15 a.m. T/Th</b> 370041-A \$102/\$204 22 classes Instructor: Dorinda	<b>Yoga Strength and Stability</b> <b>10:30-11:30 a.m.</b> 370023-A \$79/\$158 11 classes Instructor: Sharon		
<b>Kettlebell</b> <b>10-10:30 a.m.</b> 370075-A \$28/\$56 9 classes- no 1/19 & 2/16 Instructor: Tiffany	<b>Aqua Therapy</b> <b>10:30-11:15 a.m. T/Th</b> 370041-A \$102/\$204 22 classes Instructor: Dorinda	<b>Chair Classic</b> <b>10-10:45 a.m.</b> 370015-Z \$54/\$108 10 classes- no 2/18 Instructor: Jerry	<b>Senior Fit Yoga</b> <b>*Member Only*</b> <b>11-11:45 a.m.</b> 372008-A 10 classes- no 1/8 Instructor: Ron	<b>Silver Sneakers Stability</b> <b>10:00-10:45 a.m.</b> 370019-A \$42/\$84 10 classes- no 1/9 Instructor: Ron		
<b>Total Body Start</b> <b>10-11 a.m.</b> 370097-A \$80/\$160 11 classes Instructor: Jiani	<b>Senior Fit Circuit</b> <b>*Member Only*</b> <b>11-11:45 a.m.</b> 372004-A 10 classes- no 1/6 Instructor: Ron	<b>Gentle Yoga</b> <b>10:30-11:30 a.m.</b> 370046-A \$79/\$158 11 classes Instructor: Sharon	<b>Aqua Therapy</b> <b>11:20 a.m.-12:05 p.m. T/Th</b> 370041-B \$102/\$204 22 classes Instructor: Dorinda	<b>Silver Sneakers Stability</b> <b>11:15-12:00 p.m.</b> 370019-B \$42/\$84 10 classes- no 1/9 Instructor: Ron	<p><b>MEMBER-ONLY FITNESS CLASSES!</b> 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> 	
<b>Tabata</b> <b>*Member Only*</b> <b>10:45-11:15 a.m.</b> 372001-A 9 classes- no 1/19 & 2/16 Instructor: Tiffany	<b>Aqua Therapy</b> <b>11:20 a.m.-12:05 p.m. T/Th</b> 370041-B \$102/\$204 22 classes Instructor: Dorinda	<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m.</b> 370008-B \$54/\$108 10 classes- no 2/18 Instructor: Jerry	<b>Senior Fit Circuit</b> <b>2:30-3:15 p.m.</b> 370018-A \$50/\$100 11 classes Instructor: Jiani <b>CANCELLED</b>	<b>Power Pilates</b> <b>12-12:45 p.m.</b> 370028-E \$80/\$160 11 classes Instructor: Jiani		
<b>Silver Sneakers Classic</b> <b>10-10:45 a.m.</b> 370015-A \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	<b>Osteoporosis for Women</b> <b>12-1 p.m.</b> 370050-A \$50/\$100 5 Classes Only- 1/6 - 2/3 Instructor: Kristin	<b>Chair Circuit</b> <b>11-11:45 a.m.</b> 370008-Z \$54/\$108 10 classes- no 2/18 Instructor: Jerry	<b>Zumba</b> <b>5-6 p.m.</b> 370036-A \$65/\$130 9 Classes- no 1/19 & 2/16 Instructor: Tianna <b>CANCELLED</b>			
<b>Chair Classic</b> <b>10-10:45 a.m.</b> 370015-V \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	<b>AT for All</b> <b>12-1 p.m.</b> 370051-A \$50/\$100 5 Classes Only- 2/10 - 3/10 Instructor: Kristin	<b>Boxing Basics</b> <b>3-3:45 p.m.</b> 370099-B \$54/\$108 10 classes- no 2/18 Instructor: Jerry	<b>Ability Fitness</b> <b>6:15-7:00 p.m.</b> 6:15-7:00 p.m. 370005-A \$49/\$98 9 classes- no 2/19 & 3/12 Instructor: Mandy			
<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m.</b> 370008-A \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	<b>Senior Fit Yoga</b> <b>2:30-3:15 p.m.</b> 370022-A \$50/\$100 11 classes Instructor: Masila <b>CANCELLED</b>	<b>Corefusion</b> <b>5-6 p.m.</b> 370055-A \$68/\$136 11 classes Instructor: Dorinda	<b>1st Year Tai Chi</b> <b>5:30-6:45 p.m.</b> 370029-A \$99/\$198 11 classes Instructor: George			
<b>Chair Circuit</b> <b>11-11:45 a.m.</b> 370008-V \$50/\$100 9 classes- no 1/19 & 2/16 Instructor: Jerry	<b>Student Yoga</b> <b>*Member Only*</b> <b>2:40 - 3:25 p.m.</b> 372011-A 11 Classes Instructor: Dorinda		<b>Continuing Tai Chi</b> <b>7-8:15 p.m.</b> 370030-A \$99/\$198 11 classes Instructor: George			
<b>Functional Power</b> <b>*Member Only*</b> <b>4:00-4:45 p.m.</b> 372002-A 11 classes Instructor: Jiani	<b>Spoga</b> <b>*Member Only*</b> <b>6:55-7:55 p.m.</b> 372005-A 10 classes - no 1/6 Instructor: Ron		<b>Power Pilates</b> <b>7:15 - 8:00pm</b> 370028-A \$80/\$160 11 classes Instructor: Jiani <b>CANCELLED</b>			
<b>Pilates- Dynamic</b> <b>*Member Only*</b> <b>5:15 - 6:15 p.m.</b> 372003-A 11 classes Instructor: Jiani						
<b>Pilates- Dynamic</b> <b>6:30 - 7:30 p.m.</b> 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

