

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!



SCAN HERE

How-to Instructions

Member-Only 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




MANSFIELD COMMUNITY CENTER
Family, Fitness & Fun!

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.