

FITNESS SCHEDULE SUMMER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin 5:45-6:45 a.m. M/W 170001-A, \$89/\$178 16 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 170012-B, \$40/\$80 8 classes, 6/22-8/10 Instructor: Jerry Gym	Spin 5:45-6:45 a.m. M/W 170001-A, \$89/\$178 16 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 170012-C, \$40/\$80 8 classes, 6/24-8/12 Instructor: Jerry Gym		All Levels Yoga 9:30-10:30 a.m. 170023-A, \$47/\$94 7 classes, no 7/3 Instructor: Sharon	Chair Yoga 10:15-11 a.m. 170022-B, \$35/\$70 7 classes, 7/11-8/22 Instructor: Mandy
TRX 9-9:30 a.m. 170076-A, \$24/\$48 7 classes, no 7/5 Instructor: Jess Gym A	Outdoor Bootcamp 7-7:45 a.m. 170012-D, \$40/\$80 8 classes, 6/22-8/10 Instructor: Jerry	Total Body Strength 7-7:45 a.m. 170016-A, \$40/\$80 8 classes Instructor: Jen	Outdoor Bootcamp 7-7:45 a.m. 170012-E, \$40/\$80 8 classes, 6/24-8/12 Instructor: Jerry	Yin/Yang Yoga 10:30-11:30 a.m. 170023-A, \$54/\$108 8 classes Instructor: Sharon		SUP Yoga July 18, 12-1 p.m. 170082-A, \$56 residents \$66 non-residents Instructor: SeaTurtle SUP
Pilates Level 2 10-11 a.m. 170047-A, \$34/\$68 5 classes, 6/21-7/26, no 7/5 Instructor: Margherita	Silver Sneakers Circuit/ Yoga 10:45-11:45 a.m. 170021-A, \$47/\$94 7 classes, no 7/6 Instructor: Jess Gym A	Silver Sneakers Classic 10-10.45 a.m. 170015-B, \$35/\$70 7 classes, no 7/7 Instructor: Jess Gym A	Chair Circuit 9:15-10 a.m. 170008-B, \$30/\$60 6 classes, no 7/1, 7/15 Instructor: Mandy	Silver Sneakers Stability 11:30-12:15 p.m. 170019-A, \$46/\$92 7 classes, no 7/9 Instructor: Jess Gym A		
Silver Sneakers Classic 10-10:45 a.m. 170015-A, \$35/\$70 7 classes, no 7/5 Instructor: Jerry Gym A	Aqua Therapy 10:35-11:05 a.m. T 170041-A, \$27/\$54 8 classes Instructor: Dorinda	Chair Strength 10-10:45 a.m. 170015-Z, \$35/\$70 7 classes, no 7/7 Instructor: Jess Gym A	Aqua Therapy 10:35-11:05 a.m. Th 170041-C, \$27/\$54 8 classes Instructor: Dorinda			
Chair Strength 10-10:45 a.m. 170015-A, \$35/\$70	Aqua Therapy 11:10-11:40 a.m. T 170041-B, \$27/\$54	Gentle Yoga 10:30-11:30 a.m. 170046-A, \$54/\$108	Chair Yoga 10:15-11 a.m. 170022-A, \$30/\$60			

SUMMER FITNESS CLASSES


Session: Monday, June 21- Sunday, August 22

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

See class descriptions on pages 30-31

For help finding the right class for your needs, see page 29

Some no class dates may change which may result in a fee change, please check your receipt for information

<p>7 classes, no 7/5 Instructor: Jerry Gym A</p>	<p>8 classes Instructor: Dorinda</p>	<p>8 classes Instructor: Sharon</p>	<p>6 classes, no 7/1, 7/15 Instructor: Mandy</p>	<p>KEY</p> <ul style="list-style-type: none"> Class is in Gym Class is in Pool Class is at Bicentennial Pond Class is Virtual via zoom <input type="checkbox"/> Class is outdoors: <i>extreme weather cancels</i> Class is in studio 		
<p>Chair Circuit 11-11:45 a.m. 170008-A, \$35/\$70 7 classes, no 7/5 Instructor: Jerry Gym A</p>	<p>Circuit & Core 12:15-12:45 p.m. 170005-A, \$24/\$48 7 classes, no 7/6 Instructor: Jess Gym A</p>	<p>Chair Circuit 11-11:45 a.m. 170008-Z, \$35/\$70 7 classes, no 7/7 Instructor: Jess Gym A</p>	<p>Aqua Therapy 11:10-11:40 a.m. Th 170041-D, \$27/\$54 8 classes Instructor: Dorinda</p>			
<p>Silver Sneakers Circuit 11-11:45 a.m. 170008-A, \$35/\$70 7 classes, no 7/5 Instructor: Jerry Gym A</p>	<p>All Levels Yoga 6:15-7 p.m. 170023-B, \$35/\$70 8 classes Instructor: Jen</p>	<p>Silver Sneakers Circuit 11-11:45 a.m. 170008-C, \$35/\$70 7 classes, no 7/7 Instructor: Jess Gym A</p>	<p>Paddlefit Basics 5:15-6:45 p.m. 170080 A-6/24, B-7/8, C-7/22, D8/5 Each session \$56 residents, \$66 non-residents Instructor: SeaTurtle SUP</p>	<p>Functional Strength 6-7 p.m. 170076-C, \$47/\$94 7 classes, no 7/2 Instructor: Mandy</p>		
<p>Kettlebells 12:15-12:45 p.m. 170075-A, \$24/\$48 7 classes, no 7/5 Instructor: Jess Gym A</p>			<p>Corefusion 5:20-6:20 p.m. 170055-A, \$54/\$108 8 classes Instructor: Dorinda Studio</p>	<p>Paddlefit Advanced 5:15-6:45 p.m. 170081 A-7/1, B-7/15, C-7/29, D8/12 Each session \$56 residents, \$66 non-residents Instructor: SeaTurtle SUP</p>		
<p>Kick 'n' core 6:15-7 p.m. 170077-A, \$35/\$70 7 classes, no 7/5 Instructor: Jen</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Minimums & Maximums: The Parks & Recreation Department reserves the right to set a minimum and maximum for each program and to cancel any program due to insufficient enrollment. Don't be disappointed!</p> <p>Register early! Unfortunately, we are sometimes forced to cancel programs 2-3 days before the listed program start date because of underenrollment.</p> </div>		<p>Tai Chi & Qigong Principles & Fundamentals 6-7:15 p.m. 170029-A, \$59/\$118 7 classes, no 7/1 Instructor: George</p>	<div style="border: 1px solid black; padding: 5px;"> <p>Explore your options! Going on a vacation and won't be around for the full session? Lucky you! Here are ways to enjoy your time off and still enjoy your classes: Members - Fitness Flex 15 classes = \$120, Fitness Flex 25 classes = \$200. 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 3 month membership options can give you more options and save you money on our Fitness programs.</p> </div>		