

FITNESS SCHEDULE SUMMER 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Spin 5:45-6:45 a.m. M/W/F 170001-A, \$142/\$284 24 classes Instructor: Ron	Hardcore Bootcamp 5:40-6:25 a.m. 170012-B, *\$100 7 classes, no 7/4 Instructor: Jerry Gym	Spin 5:45-6:45 a.m. M/W/F 170001-A, \$142/\$284 24 classes Instructor: Ron	Hardcore Bootcamp 5:40-6:25 a.m. 170012-C, *\$116 8 classes Instructor: Jerry Gym	Spin 5:45-6:45 a.m. M/W/F 170001-A, \$142/\$284 24 classes Instructor: Ron	Spin 7:45-8:45 a.m. 170001-C, \$43/\$86 6 classes, no 7/1, 7/8 Instructor: Keri
TRX 9-9:30 a.m. 170076-A, \$22/\$44 6 classes, no 6/19, 7/3 Instructor: Jess Gym A	Functional Strength 8:45-9:45 a.m. 170014-A, *\$72 5 classes, no 7/4, 7/11, 7/18 Instructor: Colleen	Water Fitness 8:45-9:45 a.m. 170037-B, \$43/\$86 6 classes, no 7/12, 7/19 Instructor: Colleen	TRX 9-9:30 a.m. 170076-B, \$22/\$44 6 classes, no 7/13, 7/20 Instructor: Colleen Gym A	Functional Strength 8:45-9:45 a.m. 170014-B, *\$86 6 classes, no 7/14, 7/21 Instructor: Colleen	
Water Fitness 9:45-10:45 a.m. 170037-A, \$43/\$86 6 classes, no 7/4, 7/10 Instructor: Keri	Barre 9:45-10:45 a.m. 170007-B, \$36/\$72 5 classes, no 7/4, 7/11, 7/18 Instructor: Colleen	Silver Sneakers Classic 10-10:45 a.m. 170015-B, \$32/\$64 6 classes, no 7/12, 7/19 Instructor: Colleen Comm Rm	Mat Pilates 9:45-10:45 a.m. 170028-A, \$43/\$86 6 classes, no 7/13, 7/20 Instructor: Colleen	Water Fitness 10-11 a.m. 170037-C, \$43/\$86 6 classes, no 7/14, 7/21 Instructor: Colleen	
Silver Sneakers Classic 10-10:45 a.m. 170015-A, \$38/\$76 7 classes, no 7/3 Instructor: Jerry Comm Rm	Aqua Therapy 10:30-11:15 a.m. T/Th 170041-A, \$87/\$174 16 classes Instructor: Dorinda	Chair Classic 10-10:45 a.m. 170015-Z, \$32/\$64 6 classes, no 7/12, 7/19 Instructor: Colleen	Aqua Therapy 10:30-11:15 a.m. T/Th 170041-A, \$87/\$174 16 classes Instructor: Dorinda	Yo/Pi 10:30-11:30 a.m. 170023-A, \$58/\$116 8 classes Instructor: Sharon	
Chair Classic 10-10:45 a.m. 170015-V, \$38/\$76 7 classes, no 7/3 Instructor: Jerry	Silver Sneakers Circuit/ Yoga 11-11:45 a.m. 170021-A, \$27/\$54 5 classes, no 7/4, 7/11, 7/18 Instructor: Colleen Comm Rm	Gentle Yoga 10:30-11:30 a.m. 170046-A, \$58/\$116 8 classes Instructor: Ayaa	Silver Sneakers Yoga 11-11:45 a.m. 170022-A, \$32/\$64 6 classes, no 7/13, 7/20 Instructor: Colleen Comm Rm	Silver Sneakers Stability 11:15-12 p.m. 170019-A, \$32/\$64 6 classes, no 7/14, 7/21 Instructor: Colleen Comm Rm	
Silver Sneakers Circuit 11-11:45 a.m. 170008-A, \$38/\$76 7 classes, no 7/3 Instructor: Jerry Comm Rm	Aqua Therapy 11:20 a.m.-12:05 p.m. T/Th 170041-B, \$87/\$174 16 classes Instructor: Dorinda	Silver Sneakers Circuit 11-11:45 a.m. 170008-C, \$32/\$64 6 classes, no 7/12, 7/19 Instructor: Colleen Comm Rm	Aqua Therapy 11:20-12:05 a.m. T/Th 170041-B, \$87/\$174 16 classes Instructor: Dorinda	Fitness First Fridays 12:15-12:45 p.m. 170060-A 7/7 170060-B 8/4 *\$6 Session Instructor: Jess	
Chair Circuit 11-11:45 a.m. 170008-V, \$38/\$76 7 classes, no 7/3 Instructor: Jerry	Spoga 6:45-7:45 p.m. 170004-A, *\$82 7 classes, no 7/4 Instructor: Ron	Chair Circuit 11-11:45 a.m. 170008-Z, \$32/\$64 6 classes, no 7/12, 7/19 Instructor: Colleen	1st Year Tai Chi 5:30-6:45 p.m. 170029-A, \$72/\$144 8 classes Instructor: George	<div style="border: 2px solid black; border-radius: 15px; padding: 10px;"> <h2 style="text-align: center; margin: 0;">SUMMER FITNESS CLASSES</h2> <p style="margin: 5px 0;">Session: Monday, June 19- August 13, 2023</p> <p style="margin: 5px 0;">First fee listed is for MCC Member, second fee is for non-members</p> <p style="margin: 5px 0;">See class descriptions on pages 31-32</p> <p style="margin: 5px 0;">For help finding the right class for your needs, see page 30</p> <p style="margin: 5px 0;">Please check your receipt for information updated after printing of brochure</p> <div style="margin: 10px 0;"> <p>KEY</p> <ul style="list-style-type: none"> Class is in Gym Class is in Pool Class is Studio Class is Virtual via Zoom Class outside Class is in Community Room Child Care Available <p style="margin: 5px 0;">* Select fitness classes are FREE with membership this summer. Limited spaces available to register if you will be attending over 75% of a class session. Drop-ins welcome while space allows, please see page 3 or ask reception staff for more information.</p> </div> <div style="text-align: center; margin: 10px 0;"> </div> </div>	
Kettlebells 12:15-12:45 p.m. 170075-A, *\$44 6 classes, no 6/19, 7/3 Instructor: Jess Gym A		Water Yoga 11:45-12:45 p.m. 170038-A, *\$116 8 classes Instructor: Ayaa	Continuing Tai Chi 7-8:15 p.m. 170030-A, \$72/\$144 8 classes Instructor: George		
Yoga Foundations 4-5 p.m. 170071-B, *\$116 8 classes Instructor: Ayaa		Primal Gym 12:15-12:45 p.m. 170003-A, *\$50 7 classes, no 7/5 Instructor: Jess			
TRX & Yoga Core 5:15-6:15 p.m. 170072-A, \$58/\$116 8 classes Instructor: Ayaa		Circuit Training 5:15-6:15 p.m. 170009-A, *\$86 6 classes, no 7/5, 7/12 Instructor: Keri			

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See class descriptions on pages 31-32

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KEY

- Class is in Gym
- Class is in Pool
- Class is Studio
- Class is Virtual via Zoom
- Class outside
- Class is in Community Room
- Child Care Available

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FLEX YOUR OPTIONS! Here are ways to maintain a flexible fitness schedule and still enjoy your classes: Members - Fitness Flex 15 classes = \$129, Fitness Flex 25 classes = \$215. 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.