

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin Outdoors 5:45-6:45 a.m. M 270001-A1 \$33/\$66 6 classes- w/ Ron 270001-A2 \$117/\$234 21 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 270012-B1 \$30/\$60 6 classes 270012-B2 \$30/\$60 6 classes - no 11/3 Instructor: Jerry- Gym	Spin Outdoors 5:45-6:45 a.m. W 270001-B1 \$33/\$66 6 classes- w/ Ron 270001-A2 \$117/\$234 21 classes Instructor: TBA	Hardcore Bootcamp 5:35-6:20 a.m. 270012-C1 \$30/\$60 6 classes 2700012-C2 \$35/\$70 7 classes Instructor: Jerry Gym	Spin Gym 5:45-6:45 a.m. F 270001-C1 \$33/\$66 6 classes w/ TBA 270001-A2 \$117/\$234 21 classes Instructor: TBA	Boot Camp 7-7:45 a.m. 270012-D1 \$25/\$50 5 classes - no 9/19 270012-D2 \$35/\$70 7 classes Instructor: Jerry	Silver Sneakers Yoga 10-10:45 a.m. 270022-B1 \$30/\$60 6 classes 270022-B2 \$35/\$70 7 classes Instructor: Mandy
TRX 9-9:30 a.m. 270076-A1 \$17/\$34 5 classes, no 10/12 270076-A2 \$24/\$48 7 classes Instructor: Jess Gym A	Roving Bootcamp 7-7:45 am 270012-E1 \$20/\$40 4 classes-9/15-10/6 Instructor: Jerry Pilates with Props 9:30-10:30 am 270028 - A1 \$41/\$82 6 classes 270028-A2 \$47/\$94 7 classes Instructor: Deb G	Salsa Fit 9-10 a.m. 270032-A1 \$41/\$84 6 classes 270032-A2 \$47/\$94 7 classes Instructor: Kelly - Comm Room	Roving Bootcamp 7-7:45 am 270012-F1 \$20/\$40 4 classes-9/17-10/8 Instructor: Jerry Cardio Barre 9-10 a.m. 270007-A1 \$33/\$66 6 classes 270007-A2 \$39/\$78 7 classes Instructor: Donna - Comm Room	Functional Strength 9-10 a.m. 270014-B1 \$41/\$82 6 classes 270014-B2 \$47/\$94 7 classes Instructor: Jodi		
Salsa Fit 9-10 a.m. 270032-B1 \$34/\$68 5 classes - no 10/12 270032-B2 \$47/\$94 7 classes Instructor: Kelly- Comm Room	Aqua Therapy 10:35-11:05 a.m. T 270041-A1 \$25/\$50 6 classes 10:45-11:30 a.m T/Th 270041-A2 \$71/\$142 14 classes Instructor: Dorinda	Water Fitness 9:15-10:15 a.m. 270037-B1 \$41/\$84 6 classes 270037-B2 \$46/\$92 7 classes Instructor: Keri	Pilates with Props 9:30-10:30 a.m. 270028 - B1 \$41/\$82 6 classes 270028-B2 \$47/\$94 7 classes Instructor: Deb G	Yin/Yang Yoga 10:30-11:30 a.m. 270023-A1 \$41/\$82 6 classes 270023-A2 \$47/\$94 7 classes Instructor: Sharon		
Water Fitness 9:15-10:15 a.m. 270037-A1 \$34/\$68 5 classes - no 10/12 270037-A2 \$47/\$94 7 classes Instructor: Keri	Aqua Therapy 11:10 a.m.-11:40 a.m. T 270041-B1 \$25/\$50 6 classes 11:35 a.m. - 12:20 p.m.T/Th β 270041-B2 \$74/\$142 14 classes Instructor: Dorinda	HIIT 10-10:45 a.m. 270011-A1 \$25/\$50 6 classes 270011-A2 \$29/\$58 7 classes Instructor: Jodi - Gym B	Silver Sneakers Circuit 9:15-10 a.m. 270008-B1 \$30/\$60 6 classes 270008-B2 \$35/\$70 7 classes Instructor: Mandy			
Functional Strength 10-11 a.m. 270014-A1 \$34/\$68 5 classes - no 10/12 270014-A2 \$47/\$94 7 classes Instructor: Jodi Gym B	Get Fit Beginner Series 270013-A2 \$20/\$40 6 classes - no 11/3 Instructor: Jess - Gym A	Silver Sneakers Classic 10-10:45 a.m 270015-B1 \$30/\$60 6 classes 270015-B2 \$30/\$60 6 classes - no 11/11 Instructor: Donna - Gym A	Aqua Therapy 10:35-11:05 a.m. Th 270041-D1 \$25/\$50 6 classes 10:45-11:30 a.m. T/Th 270041-A2 \$71/\$142 14 classes Instructor: Dorinda			
Silver Sneakers Classic 10-10:45 a.m. 270015-A1 \$25/\$50 5 classes -no 9/28 270015-A2 \$35/\$70 7 classes Instructor: Jerry-Gym A		Gentle Yoga 10:30-11:30 a.m. 270046-A1 \$41/\$82 6 classes 270046-A2 \$47/\$94 7 classes Instructor: Sharon - Comm Rm	Silver Sneakers Yoga 10:15-11 a.m. 270022-A1 \$30/\$60 6 classes 270022-A2 \$35/\$70 7 classes Instructor: Mandy			
Silver Sneakers Circuit 11-11:45 a.m. 270008-A1 \$25/\$50 5 classes - no 9/28 270008-A2 \$35/\$70 7 classes Instructor: Jerry - Gym A		Silver Sneakers Circuit 11-11:45 a.m. 270008-C1 \$30/\$60 6 classes 270008-C2 \$30/\$60 6 classes - no 11/11 Instructor: Donna - Gym				

<p>Kettlebells 12:15-12:45 p.m. 270075-B1 \$17/\$34 5 classes, no 10/12 270075-B2 \$24/\$48 7 classes Instructor: Jess Gym A</p>
<p>Pilates Level 2 4:15-5:15 p.m. 270047-A1 \$41/\$82 5 classes 270047-A2 \$47/\$94 7 classes Instructor: Margherita</p>
<p>Core Express 5:45-6:15 p.m. 270055-B1 \$20/\$40 5 classes 270055-B2 \$24/\$48 7 classes Instructor: Mandy</p>

<p>Fitness Walking 5:30-6:30 pm 270080-A1 \$33/\$66 6 classes w/ Ron</p>

<p>TRX 12:15-12:45 p.m. 270076-B1 \$20/\$40 6 classes 270076-B2 \$24/\$48 7 classes Instructor: Jess - Gym A</p>
<p>Corefusion 5:20-6:20 p.m. 270055-A1 \$33/\$66 6 classes 270055-A2 \$39/\$78 7 classes Instructor: Dorinda</p>
<p>Hardcore Bootcamp 6:30-7:15 p.m. 270012-A1 \$30/\$60 6 classes 270012-A2 \$35/\$70 7 classes Instructor: Jerry - Gym A</p>

<p>Aqua Therapy 11:10 a.m.-11:40 a.m. Th 270041-E1 \$25/\$50 6 classes</p>
<p>Aqua Therapy 11:35 a.m. - 12:20 p.m.T/Th 270041-B2 \$71/\$142 14 classes Instructor: Dorinda</p>
<p>Therapy Ball 12:00-12:45 p.m. 270010-A2 \$34/\$68 7 classes Instructor: Deb G</p>
<p>Yoga Express 6:45-7:15 p.m. 270024-A1 \$20/\$40 6 classes 270024-A2 \$24/\$48 7 classes Instructor: Mandy</p>
<p>Introduction to Qigong 6-7 p.m. 270029-A1 \$41/\$82 6 classes Instructor: George</p>
<p>Qigong for Organ Cleansing 6-7 p.m. 270030-A2 \$47/\$94 7 classes Instructor: George</p>

<p>Functional Strength 6-7 p.m. 270076-C1 \$41/\$82 6 classes 270076-C2 \$47/\$94 7 classes Instructor: Mandy</p>
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Fall Fitness Classes

Session 1: Monday, September 14- Sunday, October 25

Session 2: Monday, October 26 - Sunday, December 20

No regularly scheduled classes held 11/23-11/29

See Giving Week schedule posted early November for classes during that week

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

See class descriptions on pages **.**

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

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

Key

Class is in gym
Class is in pool
Class is Virtual via Zoom
Class is Virtual and In Person
Tentative as of 8/30/2020
Class is outdoors - inclement weather cancels
Class in in Community Room