

# FITNESS SCHEDULE WINTER 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>Spin</b> <b>5:45-6:45 a.m.</b> 370001-A, \$184/\$368 33 classes Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 370012-B, \$51/\$102 10 classes, no 2/16 Instructor: Jerry Gym	<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 370001-A, \$184/\$368 33 classes Instructor: Ron	<b>Hardcore Bootcamp</b> <b>5:40-6:25 a.m.</b> 370012-C, \$51/\$102 10 classes, no 2/18 Instructor: Jerry Gym	<b>Spin</b> <b>5:45-6:45 a.m. M/W/F</b> 370001-A, \$184/\$368 33 classes Instructor: Ron	<b>Fitness Walking-outside</b> <b>8-9 a.m.</b> 370080-A, \$61/\$122 11 classes Instructor: Ron	<b>Chair Yoga</b> <b>10:15-11 a.m.</b> 370022-B, \$56/\$112 11 classes Instructor: Mandy
<b>TRX</b> <b>9-9:30 a.m.</b> 370076-A, \$30/\$60 9 classes, no 1/18, 2/15 Instructor: Jess Gym A	<b>Pilates with Props</b> <b>9:30-10:30 a.m.</b> 370028-A, \$74/\$148 11 classes Instructor: Deb G.	<b>Salsa Fit</b> <b>9-10 a.m.</b> 370032-A, \$74/\$148 11 classes Instructor: Kelly	<b>Cardio Barre</b> <b>9-10 a.m.</b> 370007-A, \$56/\$112 10 classes, no 1/21 Instructor: Donna Comm Room	<b>Functional Strength</b> <b>9-10 a.m.</b> 370014-B, \$61/\$122 11 classes Instructor: Jodi	<b>Power Yoga</b> <b>9-10 a.m.</b> 370026-A, \$74/\$148 11 classes Instructor: Sharon	<b>Extreme Spin</b> <b>9:30-11 a.m.</b> 370002-A, \$92/\$184 11 classes Instructor: Ron
<b>Salsa Fit</b> <b>9-10 a.m.</b> 370032-B, \$61/\$122 9 classes, no 1/18, 2/15 Instructor: Kelly	<b>Chair Circuit/Yoga</b> <b>10:15-11:15 a.m.</b> 370021-A, \$74/\$148 10 classes, no 2/23 Instructor: Jess	<b>Water Fitness</b> <b>9:30-10:30 a.m.</b> 370037-B, \$68/\$136 10 classes, 2/17 Instructor: Keri	<b>Pilates with Props</b> <b>9:30-10:30 a.m.</b> 270028-B, \$74/\$148 11 classes Instructor: Deb G.	<b>Yin/Yang Yoga</b> <b>10:30-11:30 a.m.</b> 370023-A, \$74/\$148 11 classes Instructor: Sharon	<b>Just Added!</b>	
<b>Water Fitness</b> <b>9:30-10:30 a.m.</b> 370037-A, \$61/\$122 9 classes, no 1/18, 2/15 Instructor: Keri	<b>Aqua Therapy</b> <b>10:35-11:05 a.m. T</b> 370041-A, \$37/\$74 11 classes Instructor: Dorinda	<b>Silver Sneakers</b> <b>Classic 10-10:45 a.m.</b> 370015-B, \$46/\$92 9 classes, no 1/20, 2/17 Instructor: Jess Gym A	<b>Chair Circuit</b> <b>9:15-10 a.m.</b> 370008-B, \$51/\$102 10 classes, no 2/25 Instructor: Mandy		<b>Chair Strength</b> <b>10-10:45 am</b> <b>Mondays 370015-V</b> <b>\$51/\$102, no 2/15</b> <b>Instructor: Jerry</b> <b>Wednesdays 370015-Z</b> <b>\$46/\$92, no 1/20, 2/17</b> <b>Instructor: Jess</b>	
<b>Functional Strength</b> <b>10-11 a.m.</b> 370014-A, \$50/\$100 9 classes, no 1/18, 2/15 Instructor: Jodi Comm Room	<b>Aqua Therapy</b> <b>11:10-11:40 a.m. T</b> 370041-B, \$37/\$74 11 classes Instructor: Dorinda	<b>Gentle Yoga</b> <b>10:30-11:30 a.m.</b> 370046-A, \$74/\$148 11 classes Instructor: Sharon Comm Room	<b>Aqua Therapy</b> <b>10:35-11:05 a.m. Th</b> 370041-C, \$37/\$74 11 classes Instructor: Dorinda		<b>Chair Circuit</b> <b>11-11:45</b> <b>Mondays 370008-V</b> <b>\$51/\$102, no 2/15</b> <b>Instructor: Jerry</b> <b>Wednesdays, 370008-Z</b> <b>\$46/\$92, no 1/20, 2/17</b> <b>Instructor: Jess</b>	
<b>Silver Sneakers</b> <b>Classic</b>	<b>Leisure Ride</b> <b>12-1 p.m.</b>	<b>Silver Sneakers Circuit</b>	<b>Chair Yoga</b> <b>10:15-11 a.m.</b>			

<b>10-10:45 a.m.</b> 370015-A, \$51/\$102 10 classes, no 2/15 Instructor: Jerry Gym A	<b>12-1 p.m.</b> 370003-A, \$61/\$122 11 classes Instructor: TBA	<b>11-11:45 a.m.</b> 370008-C, \$46/\$92 9 classes, no 1/20, 2/17 Instructor: Jess Gym A	<b>10:10-11 a.m.</b> 370022-A, \$51/\$102 10 classes, no 2/25 Instructor: Mandy		
<b>Silver Sneakers Circuit</b> <b>11-11:45 a.m.</b> 370008-A, \$51/\$102 10 classes, no 2/15 Instructor: Jerry Gym A		<b>Corefusion</b> <b>5:20-6:20 p.m.</b> 370055-A, \$61/\$122 11 classes Instructor: Dorinda	<b>Aqua Therapy</b> <b>11:10-11:40 a.m. Th</b> 370041-D, \$37/\$74 11 classes Instructor: Dorinda	<b>Functional Strength</b> <b>6-6:45 p.m.</b> 370076-C, \$56/\$112 11 classes Instructor: Mandy	
<b>Kettlebells</b> <b>12:15-12:45 p.m.</b> 370075-A, \$30/\$60 9 classes, no 1/18, 2/15 Instructor: Jess Gym A		<b>Hardcore Bootcamp</b> <b>6:30-7:15 p.m.</b> 370012-A, \$51/\$102 10 classes, no 2/17 Instructor: Jerry Gym A	<b>Tai Chi Fundamentals</b> <b>6-7:15 p.m.</b> 370029-A \$50/\$101 6 classes 1/14-2/18 Instructor: George		
<b>Pilates Level 2</b> <b>4:15-5:15 p.m.</b> 370047-A, \$68/\$136 10 classes, no 2/1 Instructor: Margherita	<b>Yoga Express</b> <b>6:30-7 p.m.</b> 370024-A, \$34/\$68 10 classes, no 2/23 Instructor: Mandy				
<b>Core Express</b> <b>6-6:30 p.m.</b> 370055-B, \$37/\$74 11 classes Instructor: Mandy					

**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! REGISTER EARLY!** Unfortunately we are sometimes forced to cancel programs two to three days before the listed program start date because of under-enrollment. Don't be disappointed. Register early!"

## WINTER FITNESS CLASSES

**Session: Monday, Jan 4- Sunday, March 21**

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 27**

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

**\*Zoom meeting information is attached to your receipt upon registration. Please save this information for future reference.**

**KEY**

- Class is in Gym
- Class is in Pool
- Class is Virtual via Zoom
- Class is Virtual and in person
- Class in Community Room

