



# JANUARY

CLASSES EFFECTIVE 1/1/2025

DAY	TIME	CLASS	INSTRUCTOR(S)	
<b>MONDAY</b>	5:30-6:00AM	Spin	Kallyn Carl	
	8:00-8:45AM	Total Body Toning <b>(MCC Gym)</b>	Jacque Oglesby	
	9:00-9:45 AM	Senior Circuit Training <b>(MCC Gym)</b>	Jacque Oglesby	
	9:00-9:45 AM	Stretch & Strengthen Yoga	Wendy/Raeann/Sheri/Angie	
	10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri/Angie	
	4:30-5:15PM	Spin <b>ONLY on 1/6 &amp; 1/20</b>	Victoria Vollstedt	
	4:30-5:15PM	Total Body Combo <b>ONLY on 1/13 &amp; 1/27</b>	Victoria Vollstedt	
	5:30-6:30PM	Pilates/Kickboxing	Jacque Loghry/Erika Jeter	
<b>TUESDAY</b>	5:30-6:15AM	Fitness Fusion	Nikki Hackett	
	8:15-8:45AM	Fitness Fusion	Cindy Lemar	
	9:00-9:45AM	Senior Circuit <b>(MCC Gym)</b>	Cindy Lemar	
	9:00-9:45AM	Pilates	Becky Byland/Stacy B.	
	4:30-5:00PM	Burnin' Bands	Victoria Vollstedt	
	5:00-5:30PM	Stretch & Mobility	Victoria Vollstedt	
	5:30-6:15PM	Spin	Regan Tripp	
	6:30-7:15PM	Wellness Yoga	Sheri Christensen/Angie	
<b>WEDNESDAY</b>	5:30-6:15AM	Spin	Nikki Hackett	
	7:15-7:45AM	HOT Abs <b>(Upstairs yoga room)</b>	Jacque Oglesby	
	8:00-8:45 AM	Total Body Toning <b>(MCC Gym)</b>	Jacque Oglesby	
	<b>No fitness classes on 1/1</b>	9:00-9:45 AM	Senior Circuit Training <b>(MCC Gym)</b>	Jacque Oglesby
	<b>MCC hours 8am - 6pm</b>	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Raeann/Sheri/Angie
		10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri/Angie
		5:30-6:15PM	Total Body Circuit	Victoria Vollstedt
		6:30-7:15PM	Tai Chi	John Monjar
<b>THURSDAY</b>	5:30-6:15AM	Fitness Fusion	Ashley Barber	
	8:15-8:45AM	Fitness Fusion	Becky Byland	
	9:00-9:45 AM	Pilates	Karen Pfost	
	10:00-10:30AM	Beginners Tai Chi	John Monjar	
	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland	
	5:15-5:45PM	Exercise Recovery Pilates	Becky Byland	
	5:30:6:15PM	Spin	Regan Tripp	
	6:15-7:15PM	Qigong	Kevin Dietrich	
	7:30-8:15PM	Wellness Yoga	Angie Karrasch	
<b>FRIDAY</b>	5:30-6:00AM	Spin	Kallyn Carl	
	8:00-8:45 AM	Total Body Toning <b>(MCC Gym)</b>	Jacque Oglesby	
	9:00-9:45 AM	Senior Circuit Training <b>(MCC Gym)</b>	Jacque Oglesby	
	9:00-9:45AM	Stretch & Strenghten Yoga	Wendy/Sheri/Raeann/Angie	
	10-10:45AM	Chair Yoga	Wendy/Sheri/Raeann/Angie	
<b>SATURDAY</b>	7:30-8:00AM	Spin	Kallyn Carl	
	8:15-9:00AM	Kickboxing/Spin/Cardio Circuit	Erika/Ashley/Erin/Becky	

**MPR Hours:      Mon-Thur 5am - 9pm      Fri 5am - 7pm      Sat: 6am - 5pm      Sun 12pm - 5pm**











