

NOVEMBER

CLASSES EFFECTIVE 11/1/2025



<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>
MONDAY	5:30-6:15AM	Spin	Ashley Barber
	8:00-8:45AM	Total Body Toning (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Stretch & Strengthen Yoga	Wendy/Heidi/Raeann/Sheri
	10-10:45AM	Chair Yoga	Wendy/Heidi/Raeann
	4:30-5:15PM	Spin (only on 11/10 & 11/24)	Victoria Vollstedt
	4:30-5:15PM	Total Body Circuit (only on 11/3 & 11/17)	Victoria Vollstedt
	5:30-6:00PM	Stretch and Strengthen	Carlota L/Jacque L
	6:00-6:30PM	Kickboxing	Carlota L/Jacque L
TUESDAY	5:30-6:15AM	Total Body Circuit	Nikki Hackett
	8:15-8:45AM	Fitness Fusion	Cindy Lemar
	9:00-9:45AM	Senior Circuit (MCC Gym)	Cindy Lemar
	9:00-9:45AM	Pilates	Becky Byland
	4:30-5:00PM	Burnin' Bands	Victoria Vollstedt
	5:00-5:30PM	Stretch & Mobility	Victoria Vollstedt
	5:30-6:15PM	Spin	Regan Tripp
WEDNESDAY	5:30-6:15AM	Spin	Nikki Hackett
	8:00-8:45 AM	Total Body Toning (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Raeann/Sheri
	10-10:45AM	Chair Yoga	Wendy/Raeann
	4:45-5:15PM	Strength and Sculpt	Regan Tripp
	5:30-6:15PM	Total Body Circuit	Victoria Vollstedt
	6:30-7:15PM	Tai Chi	John Monjar
THURSDAY	5:30-6:15AM	Fitness Fusion	Ashley Barber
	8:15-8:45AM	Build and Burn 30	Becky Byland
	9:00-9:45 AM	Pilates	Karen Pfost
	4:30-5:15PM	Fitness Walk (outside)	Becky Byland
	5:15-5:45PM	Pilates	Becky Byland
	5:30-6:15PM	Spin	Regan Tripp
	6:15-7:15PM	Qigong	Kevin Dietrich
FRIDAY	5:30-6:00AM	Spin	Kallyn Carl
	8:00-8:45 AM	Total Body Toning (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Raeann/Sheri
	10-10:45AM	Chair Yoga	Regan Tripp
SATURDAY	8:15-9:00AM	Kickboxing/Spin/Cardio Circuit	Erin/Ashley/Erika/Becky

MPR Hours:

Mon-Thur 5am - 9pm

Fri 5am - 7pm

Sat: 6am - 5pm

Sun 12pm - 5pm

