



JUNE

CLASSES EFFECTIVE 6/1/2025

DAY	TIME	CLASS	INSTRUCTOR(S)
MONDAY	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/Raeann
	10-10:45AM	Chair Yoga	Wendy/Raeann
	4:30-5:15PM	Total Body Combo	Victoria Vollstedt
	5:30-6:00PM	Stretch and Strengthen	Erika/Carlotta/Jacque L
	6:00-6:30PM	Kickboxing	Erika/Carlotta/Jacque L
TUESDAY	5:30-6:15AM	Fitness Fusion	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/Stacy B.
	4:30-5:00PM	Burnin' Bands	Victoria Vollstedt
	5:00-5:30PM	Stretch & Mobility	Victoria Vollstedt
	5:30-6:15PM	Spin	Regan/Victoria
	No yoga 6/10	Wellness Yoga	Sheri Christensen/Angie
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
	10-10:45AM	Chair Yoga	Wendy/Raeann
	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 Pfof
	10:00-10:30AM	Beginners Tai Chi	John Monjar
	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland
	5:15-5:45PM	Pilates	Becky Byland
	5:30:6:15PM	Spin	Regan/Victoria
	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 O./Cindy L.
	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque O./Cindy L.
	9:00-9:45AM	Stretch & Strenghten Yoga	Wendy/Sheri/Raeann/Becky
	10-10:45AM	Chair Yoga	Wendy/Sheri/Raeann/Becky
SATURDAY	8:15-9:00AM	Kickboxing/Spin/Cardio Circuit	Erin/Ashley/Erika/Becky
	No Stadium 6/21	Stadium Circuit (Spoonhound Stadium)	Victoria Vollstedt
MPR Hours: Mon-Thur 5am - 9pm Fri 5am - 7pm Sat: 6am - 5pm Sun 12pm - 5pm			

