

AUGUST

MARYVILLE COMMUNITY CENTER FITNESS CLASSES

CLASSES EFFECTIVE 8/1/2022

<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/Margaret/Janene/Raeann
	10-10:45AM	Chair Yoga	Wendy/Margaret/Janene/Raeann
	4:30-5:15PM	Strength and Toning Circuit	Becky Byland
TUESDAY	5:30 - 6:15AM	Total Body HIIT	Nikki Hackett
	8:15-8:45AM	Fitness Fusion	Cindy Lemar
	9:00-9:45AM	Senior Circuit (MCC Gym)	Cindy Lemar
	9:00-9:45AM	Stretching and Toning	Jackie Ross
	4:30-5:15PM	*Stay on Track (MCC Track/Outdoors)	Becky Byland
	5:30-6:15 PM	Zumba	Ashley Barber
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	Sheri Christensen
	10-10:45AM	Chair Yoga	Wendy/Janene/Margaret/Raeann
	4:45-5:30PM	Zumba (Upstairs!)	Ashley Barber
	5:30-6:15PM	Total Body Circuit	Victoria Vollstedt
6:30-7:15PM	Tai Chi	John Monjar	
THURSDAY	5:30-6:15AM	Total Body Circuit	Victoria Vollstedt
	8:15-8:45AM	Fitness Fusion	Becky Byland
	9:00-9:45 AM	Pilates	Karen Pfof
	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland
	6:30-7:15PM	Qigong	Kevin Dietrich
FRIDAY	5:30-6:00AM	Friday 30	Ashley Barber
	8:00-8:45 AM	Total Body Toning (MCC Gym)	Cindy Lemar/Becky Byland
	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Cindy Lemar/Becky Byland
	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Janene/Margaret/Raeann
	10-10:45AM	Chair Yoga	Wendy/Janene/Margaret/Raeann
SATURDAY	TBD	Total Body HIIT (Spoonhound Stadium)	Victoria Vollstedt
	7:30-8:15AM	Beginner Circuit	Jackie Ross
	8:15-9:00AM	Kickboxing/Cardio	Nikki/Erika

*on nice days, meet at MCC front desk and head outside for your workout!



CLASSES INCLUDED WITH MEMBERSHIP!

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