



MAY

CLASSES EFFECTIVE 5/1/2025



<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>	
MONDAY	8:00-8:45AM	Total Body Toning (MCC Gym)	Jacque Oglesby	
CLOSED ON	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby	
MEMORIAL DAY	9:00-9:45 AM	Stretch & Strengthen Yoga	Wendy/Raeann	
MONDAY MAY 26	10-10:45AM	Chair Yoga	Wendy/Raeann	
	4:30-5:15PM	Spin ONLY on 5/5 & 5/19	Victoria Vollstedt	
	4:30-5:15PM	Total Body Combo ONLY on 5/12	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 Tripp	
No yoga on 5/20	6:30-7:15PM	Wellness Yoga	Sheri Christensen	
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	Exercise Recovery 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 & Strenghten Yoga	Wendy/Sheri/Raeann	
	10-10:45AM	Chair Yoga	Wendy/Sheri/Raeann	
SATURDAY	8:15-9:00AM	Kickboxing/Spin/Cardio Circuit	Erin/Ashley/Erika/Becky	
*no stadium on 5/17	8:15-9:00AM	Stadium Circuit (Spoohound Stadium)	Victoria Vollstedt	
MPR Hours:	Mon-Thur 5am - 9pm	Fri 5am - 7pm	Sat: 6am - 5pm	Sun 12pm - 5pm

