



# DECEMBER

MARYVILLE COMMUNITY CENTER FITNESS CLASSES  
CLASSES EFFECTIVE 12/1/2022



<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>
<b>MONDAY</b>	5:30-6:00AM	Spin	Ashley Barber
<b>No fitness classes</b>	8:00-8:45AM	Total Body Toning <b>(MCC Gym)</b>	Jacque Oglesby
<b>Monday 12/26</b>	9:00-9:45 AM	Senior Circuit Training <b>(MCC Gym)</b>	Jacque Oglesby
	9:00-9:45 AM	Stretch & Strengthen Yoga	Wendy/Margaret/Janene/Raeann
	10-10:45AM	Chair Yoga	Wendy/Margaret/Janene/Raeann
	5:30-6:15PM	Pilates	Jacque Loghry/Erika Jeter
<b>TUESDAY</b>	5:30-6:15AM	Step/HIIT	Nikki Hackett/Ashley Barber
	8:15-8:45AM	Fitness Fusion	Cindy Lemar
	9:00-9:45AM	Senior Circuit <b>(MCC Gym)</b>	Cindy Lemar
	9:00-9:45AM	Stretch & Toning Functional Fitness	Becky Byland
	5:30-6:15PM	Spin	Beth Sandau
<b>WEDNESDAY</b>	5:30-6:15AM	Spin	Nikki Hackett
	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 & Strengthen Yoga	Sheri Christensen/Janene
	10-10:45AM	Chair Yoga	Wendy/Janene/Margaret/Raeann
	5:30-6:15PM	Total Body Circuit	Victoria Vollstedt
	6:30-7:15PM	Tai Chi	John Monjar
<b>THURSDAY</b>	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
	5:30:6:15PM	Spin	Beth Sandau
	6:30-7:15PM	Qigong	Kevin Dietrich
<b>FRIDAY</b>	5:30-6:00AM	Friday 30	Ashley Barber
	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 & Strengthen Yoga	Wendy/Janene/Margaret/Raeann
	10-10:45AM	Chair Yoga	Wendy/Janene/Margaret/Raeann
<b>SATURDAY</b>	8:15-9:00AM	Cardio Circuit/Kickboxing*	Erika/Ashley/Erin/Becky/Nikki
<b>No fitness classes</b>		*see schedule by aerobic room for specifics per week!	
<b>12/24 or 12/31</b>			



**CLASSES INCLUDED WITH MEMBERSHIP!**

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