



DECEMBER

CLASSES EFFECTIVE 12/1/2024

DAY	TIME	CLASS	INSTRUCTOR(S)
MONDAY	5:30-6:00AM	Spin	Kallyn Carl
	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/Sheri/Angie
	10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri/Angie
	4:30-5:15PM	Spin ONLY on 12/9 & 12/23	Victoria Vollstedt
	4:30-5:15PM	Total Body Combo ONLY on 12/2, 12/16, 12/30	Victoria Vollstedt
	5:30-6:30PM	Pilates/Kickboxing	Jacque Loghry/Erika Jeter
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
No fitness classes	9:00-9:45AM	Pilates	Becky Byland/Stacy B.
Tuesday 12/24 or 12/31	4:30-5:00PM	Burnin' Bands	Victoria Vollstedt
MCC hours 5am - 12pm	5:00-5:30PM	Stretch & Mobility	Victoria Vollstedt
	5:30-6:15PM	Spin	Regan Tripp
	6:30-7:15PM	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
CLOSED on	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
Christmas Day 12/25	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Raeann/Sheri/Angie
	10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri/Angie
No fitness classes on 1/1	5:30-6:15PM	Total Body Circuit	Victoria Vollstedt
MCC hours 8am - 6pm	6:30-7:15PM	Tai Chi	John Monjar
THURSDAY	5:30-6:15AM	Tabata Weight Training	Ashley Barber
	8:15-8:45AM	Fitness Fusion	Becky Byland
No fitness classes	9:00-9:45 AM	Pilates	Karen Pfost
12/26 MCC hours	10:00-10:30AM	Beginners Tai Chi	John Monjar
8am - 6pm	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
	7:30-8:15PM	Wellness Yoga	Angie Karrasch
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/Angie
	10-10:45AM	Chair Yoga	Wendy/Sheri/Raeann/Angie
SATURDAY	8:15-9:00AM	Kickboxing/Spin/Cardio Circuit	Erika/Ashley/Erin/Becky
MPR Hours:	Mon-Thur 5am - 9pm	Fri 5am - 7pm	Sat: 6am - 5pm
			Sun 12pm - 5pm

