

JUNE

MARYVILLE COMMUNITY CENTER FITNESS CLASSES

CLASSES EFFECTIVE 6/1/2022

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>	
MONDAY	5:30-6:15AM	Total Body HIIT (Bearcat Stadium)	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	
	5:30 - 6:15AM	Spin	Ashley Barber	
	8:15-8:45AM	Fitness Fusion	Cindy Lemar	
	9:00-9:45AM	Senior Circuit (MCC Gym)	Cindy Lemar	
	9:00-9:45AM	Pilates	Jackie Ross	
	4:30-5:15PM	*Stay on Track (MCC Track/Outdoors)	Becky Byland	
	5:30-6:15PM	Spin	Regan Thompson	
	5:30-6:00 PM	Step Interval	Nikki Hackett	
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	
	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	
	5:30-6:15AM	Spin	Ashley Barber	
	8:15-8:45AM	Fitness Fusion	Becky Byland	
	9:00-9:45 AM	Pilates	Karen Pfost	
	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland	
	6:30-7:15PM	Qigong	Kevin Dietrich	
FRIDAY	5:30-6:15AM	Zumba	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	
	(no yoga on June 3rd)	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Janene/Margaret/Raeann
	10-10:45AM	Chair Yoga	Wendy/Janene/Margaret/Raeann	
SATURDAY	7:00-7:45AM	*Total Body HIIT (Spoofhound 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!

*If it's raining, meet at MCC in the gym!



CLASSES INCLUDED WITH MEMBERSHIP!

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