



JULY

CLASSES EFFECTIVE 7/1/2024

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>
MONDAY			
	5:45-6:30AM	Yoga Morning Flow	Sheri Christensen
	6:30-7:00AM	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
	10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri
	4:30-5:15PM	Spin ONLY on 7/1 7/15 & 7/29	Victoria Vollstedt
	4:30-5:15PM	Total Body Combo ONLY on 7/8 & 7/22	Victoria Vollstedt
	5:30-6:30PM	Pilates/Kickboxing	Jacque Loghry/Erika Jeter
TUESDAY			
	5:30-6:15AM	Total Body Circuit	Nikki Hackett
	6:30-7:15AM	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	Becky Byland
	4:45-5:30PM	Burnin' Bands	Victoria Vollstedt
	5:30-6:15PM	Spin	Regan Tripp
	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/Sheri
	10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri
	5:30-6:15PM	Total Body Circuit	Victoria Vollstedt
	6:30-7:15PM	Tai Chi	John Monjar
THURSDAY			
	5:30-6:15AM	Tabata Weight Training	Ashley Barber
No fitness classes	8:15-8:45AM	Fitness Fusion	Becky Byland
Thursday July 4th	9:00-9:45 AM	Pilates	Karen Pfost
MCC Closed!	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
	6:30-7:15PM	Qigong	Kevin Dietrich
FRIDAY			
	5:30-6:00AM	Spin	Kallyn Carl
No fitness classes	8:00-8:45 AM	Total Body Toning (MCC Gym)	Cindy Lemar
Friday July 5th.	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Cindy Lemar
MCC hours: 8am-6pm	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Sheri
	10-10:45AM	Chair Yoga	Wendy/Sheri
SATURDAY			
ONLY on 7/13 & 7/20	8:15-9:00AM	Kickboxing/Cardio*	Erika/Ashley/Erin/Becky
ONLY on 7/6 & 7/27	8:15-9:00AM	Stadium Circuit (Bearcat Stadium)	Victoria Vollstedt

MPP Hours:

Mon-Fri 5am - 9pm

Sat: 6am - 5pm

Sun 12pm - 5pm

