



APRIL

MARYVILLE COMMUNITY CENTER FITNESS CLASSES
 CLASSES EFFECTIVE 4/1/2024

DAY	TIME	CLASS	INSTRUCTOR(S)
MONDAY	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/Sheri/Raeann
	10-10:45AM	Chair Yoga	Wendy/Raeann
	4:30-5:15PM	Spin ONLY on 4/1, 4/15 & 4/29	Victoria Vollstedt
	4:30-5:15PM	Total Body Combo ONLY on 4/8 & 4/22	Victoria Vollstedt
	5:30-6:00PM	Pilates	Jacque Loghry/Erika Jeter
	6:00-6:30PM	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
	9:00-9:45AM	Pilates	Becky Byland
	4:45-5:30PM	Burnin' Bands	Victoria Vollstedt
	5:30-6:15PM	Spin	Regan Thompson
	No yoga 4/2 or 4/30	6:30-7:15PM	Wellness Yoga
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/Sheri Christensen
	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	Total Body Circuit (MCC Gym)	Ashley Barber
	8:15-8:45AM	Fitness Fusion	Becky Byland
	9:00-9:45 AM	Pilates	Karen Pfost
	10-10:30AM	Beginners Tai Chi	John Monjar
	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland
	5:30:6:15PM	Spin	Regan Thompson
	5:30-6:00PM	Exercise Recovery Pilates	Becky Byland
	6:30-7:15PM	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 & Strengthen Yoga	Wendy/Raeann/Becky
	10-10:45AM	Chair Yoga	Wendy/Raeann/Becky
SATURDAY	7:30-8:00AM	Spin	Kallyn Carl
No classes Sat 4/20	8:15-9:00AM	Kickboxing/Cardio*	Erika/Ashley/Erin/Becky

*check schedule by aerobic room for class specifics

MPR Hours: Mon-Fri 5am - 9pm Sat: 6am - 5pm Sun 12pm - 5pm

