



NOVEMBER



MARYVILLE COMMUNITY CENTER FITNESS CLASSES
CLASSES EFFECTIVE 11/1/2022

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>	
MONDAY	5:30-6:15AM	Spin	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	
	5:30-6:15PM	Pilates	Jacque Loghry/Erika Jeter	
	5:30-6:15PM	Spin	Regan Thompson	
TUESDAY	5:30-6:15AM	Step/HIIT	Nikki Hackett/Ashley Barber	
	8:15-8:45AM	Fitness Fusion	Cindy Lemar	
	9:00-9:45AM	Senior Circuit (MCC Gym)	Cindy Lemar	
	9:00-9:45AM	Stretch & Toning Functional Fitness	Becky Byland	
	5:15-6:00PM	Spin	Beth Sandau	
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	
No fitness classes	8:15-8:45AM	Fitness Fusion	Becky Byland	
11/24, closed for	9:00-9:45 AM	Pilates	Karen Pfof	
Thanksgiving	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland	
	6:30-7:15PM	Qigong	Kevin Dietrich	
FRIDAY	5:30-6:00AM	Friday 30	Ashley Barber	
	No fitness classes	8:00-8:45 AM	Total Body Toning (MCC Gym)	Jacque Oglesby
	25-Nov	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
	MCC hours	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Janene/Margaret/Raeann
8am - 6pm	10-10:45AM	Chair Yoga	Wendy/Janene/Margaret/Raeann	
SATURDAY	8:15-9:00AM	Cardio Circuit/Kickboxing*	Erika/Ashley/Erin/Becky/Nikki	

*see schedule by aerobic room for specifics per week!



CLASSES INCLUDED WITH MEMBERSHIP!

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