



MARCH

MARYVILLE COMMUNITY CENTER FITNESS CLASSES

CLASSES EFFECTIVE 3/1/2023



<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
	10-10:45AM	Chair Yoga	Wendy/Margaret
	4:30-5:15PM	Beginning Spin/Total Body Combo	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	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	Wendy Deering-Poynter
	5:30-6:15PM	Spin	Regan Thompson
Tues. 3/21 ONLY	6:30-7:15PM	Partner 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	Sheri Christensen
	10-10:45AM	Chair Yoga	Wendy/Margaret
	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
	8:15-8:45AM	Fitness Fusion	Becky Byland/Marsha Wilmes
	9:00-9:45 AM	Pilates	Karen Pfof
	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland
	5:30:6:15PM	Spin	Regan Thompson
	6:30-7:15PM	Qigong	Kevin Dietrich
FRIDAY	5:30-6:00AM	Booty, Core, and More	Ashley Barber
	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	Janene/Sheri/Wendy
	10-10:45AM	Chair Yoga	Janene/Margaret/Wendy
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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