



MAY



MARYVILLE COMMUNITY CENTER FITNESS CLASSES CLASSES EFFECTIVE 5/1/2022

| <u>DAY</u> | <u>TIME</u> | <u>CLASS</u> | <u>INSTRUCTOR(S)</u> |
|---------------------|---------------|--|------------------------------|
| MONDAY | 5:30-6:15AM | Total Body HIIT (MCC Gym) | Ashley Barber |
| (No classes) | 8:00-8:45AM | Total Body Toning (MCC Gym) | Jacque Oglesby |
| Memorial Day | 9:00-9:45 AM | Senior Circuit Training (MCC Gym) | Jacque Oglesby |
| May 30th) | 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 |
| | 5:00 - 5:45PM | Spin | Kallyn Carl |
| TUESDAY | 5:30 - 6:15AM | Total Body HIIT | 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 | Jackie Ross |
| | 4:30-5:15PM | *Stay on Track (MCC Track/Outdoors) | Becky Byland |
| | 5:15-6:00PM | Spin | Regan Thompson |
| | 5:30-6:00 PM | Step Interval | Erin Pohren/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 |
| | 8:15-8:45AM | Fitness Fusion | Becky Byland |
| | 9:00-9:45 AM | Pilates | Karen Pfof |
| | 4:30-5:15PM | Beginning Cardio & Strength Circuit | Becky Byland |
| | 6:30-7:15PM | Qigong | Kevin Dietrich |
| FRIDAY | 5:30-6:15AM | Spin | Ashley Barber |
| | 8:00-8:45 AM | Total Body Toning (MCC Gym) | Jacque Oglesby/Cindy Lemar |
| | 9:00-9:45 AM | Senior Circuit Training (MCC Gym) | Jacque Oglesby/Cindy Lemar |
| | 9:00-9:45AM | Stretch & Strengthen Yoga | Wendy/Janene/Margaret/Raeann |
| | 10-10:45AM | Chair Yoga | Wendy/Janene/Margaret/Raeann |
| SATURDAY | 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!

CLASSES INCLUDED WITH MEMBERSHIP!

Follow us on Facebook!



