



NOVEMBER



MARYVILLE COMMUNITY CENTER FITNESS CLASSES
CLASSES EFFECTIVE 11/1/2023

<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>	
MONDAY	5:30-6:00AM	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/Raeann	
	10-10:45AM	Chair Yoga	Wendy/Margaret/Raeann	
	4:30-5:15PM	Beginning Spin ONLY on 11/13 & 11/27	Victoria Vollstedt	
	4:30-5:15PM	Total Body Combo ONLY on 11/6 & 11/20	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 Interval/Total Body HIIT	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 Thompson	
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/Raeann	
	4:45-5:15PM	Total Body HIIT	Regan Thompson	
	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	Nikki Hackett	
	No Classes on	8:15-8:45AM	Fitness Fusion	Becky Byland
	Thanksgiving	9:00-9:45 AM	Pilates	Karen Pfost
	11/23!	10:00-10:30AM	Beginners Tai Chi	John Monjar
		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, & More	Ashley Barber	
	No fitness	8:00-8:45 AM	Total Body Toning (MCC Gym)	Jacque Oglesby
	classes on	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
	Fri 11/24!	9:00-9:45AM	Stretch & Strenghten Yoga	Wendy/Margaret/Raeann
		10-10:45AM	Chair Yoga	Wendy/Margaret/Raeann
SATURDAY	8:15-9:00AM	Kickboxing/Cardio*	Erika/Ashley/Erin/Becky	

*check schedule by aerobic room for class specifics

CLASSES INCLUDED WITH MEMBERSHIP!

Follow us on Facebook, Instagram, & Tik Tok!



