



FEBRUARY



MARYVILLE COMMUNITY CENTER FITNESS CLASSES

CLASSES EFFECTIVE 2/1/2024

<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/Sheri C.
	10-10:45AM	Chair Yoga	Wendy/Janene
	4:30-5:15PM	Spin ONLY on 2/5 & 2/19	Victoria Vollstedt
	4:30-5:15PM	Total Body Combo ONLY on 2/12 & 2/26	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	Cardio Circuit	Ashley Barber
	8:15-8:45AM	Fitness Fusion	Cindy Lemar/Becky B.
	9:00-9:45AM	Senior Circuit (MCC Gym)	Cindy Lemar/Jackie R.
	9:00-9:45AM	Pilates	Becky Byland
	4:45-5:30PM	Burnin' Bands	Victoria Vollstedt
	5:30 - 6:15pm	Spin	Regan Thompson
Partner yoga on 2/13	6:30-7:15PM	Relaxing Wellness Yoga (upstairs)	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/Stacy B.
	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
	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
	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 & Strenghten Yoga	Wendy/Janene
	10-10:45AM	Chair Yoga	Wendy/Karen
SATURDAY	8:15-9:00AM	Kickboxing/Cardio*	Erika/Ashley/Erin/Becky

*check schedule by aerobic room for class specifics

CLASSES INCLUDED WITH MEMBERSHIP!



