



NOVEMBER

CLASSES EFFECTIVE 11/1/2024



<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>
MONDAY	5:30-6:00AM	Spin	Kallyn Carl
	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/Raeann/Sheri/Angie
	10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri/Angie
	4:30-5:15PM	Spin ONLY on 11/11 & 11/25	Victoria Vollstedt
	4:30-5:15PM	Total Body Combo ONLY on 11/4 & 11/18	Victoria Vollstedt
	5:30-6:30PM	Pilates/Kickboxing	Jacque Loghry/Erika Jeter
TUESDAY	5:30-6:15AM	Total Body Circuit	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	Becky Byland/Stacy B.
	4:30-5:00PM	Burnin' Bands	Victoria Vollstedt
	5:00-5:30PM	Stretch & Mobility	Victoria Vollstedt
	5:30-6:15PM	Spin	Regan Tripp
	6:30-7:15PM	Wellness Yoga	Sheri Christensen/Angie
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	Wendy/Raeann/Sheri/Angie
	10-10:45AM	Chair Yoga	Wendy/Raeann/Sheri/Angie
	5:30-6:15PM	Total Body Circuit	Victoria Vollstedt
	6:30-7:15PM	Tai Chi	John Monjar
THURSDAY	5:30-6:15AM	Tabata Weight Training	Ashley Barber
	8:15-8:45AM	Fitness Fusion	Becky Byland
CLOSED on	9:00-9:45 AM	Pilates	Karen Pfost
Thanksgiving 11/28	10:00-10:30AM	Beginners Tai Chi	John Monjar
No fitness classes	4:30-5:15PM	Beginning Cardio & Strength Circuit	Becky Byland
	5:15-5:45PM	Exercise Recovery Pilates	Becky Byland
	5:30:6:15PM	Spin	Regan Tripp
	6:30-7:15PM	Qigong	Kevin Dietrich
	7:30-8:15PM	Wellness Yoga	Angie Karrasch
FRIDAY	5:30-6:00AM	Spin	Kallyn Carl
No fitness classes	8:00-8:45 AM	Total Body Toning (MCC Gym)	Jacque Oglesby
Friday 11/29	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
MCC hours: 8am - 6pm	9:00-9:45AM	Stretch & Strenghten Yoga	Wendy/Sheri/Raeann/Angie
	10-10:45AM	Chair Yoga	Wendy/Sheri/Raeann/Angie
SATURDAY	8:15-9:00AM	Kickboxing/Spin/Cardio Circuit	Erika/Ashley/Erin/Becky
MPR Hours:	Mon-Fri 5am - 9pm	Sat: 6am - 5pm	Sun 12pm - 5pm

