



# JUNE

CLASSES EFFECTIVE 6/1/2026



| <u>DAY</u>       | <u>TIME</u>             | <u>CLASS</u>   | <u>INSTRUCTOR(S)</u>          |
|------------------|-------------------------|--|-------------------------------|
| <b>MONDAY</b>    | 5:30-6:15AM             | Indoor Cycling                                       | Ashley Barber                 |
|                  | 8:00-8:45AM             | Total Body Toning <b>(MCC Gym)</b>                   | Jacque Oglesby                |
|                  | 9:00-9:45 AM            | Senior Circuit Training <b>(MCC Gym)</b>             | Jacque Oglesby                |
|                  | 9:00-9:45 AM            | Stretch & Strengthen Yoga                            | Heidi K./Rebecca D            |
|                  | 10-10:45AM              | Chair Yoga   | Heidi K./Rebecca D            |
|                  | 4:30-5:15PM             | Indoor Cycling <b>(only on 6/1, 6/15 &amp; 6/29)</b> | Victoria Vollstedt            |
|                  | 4:30-5:15PM             | Total Body Circuit <b>(only on 6/8 &amp; 6/22)</b>   | Victoria Vollstedt            |
|                  | 5:30-6:00PM             | Stretch and Strengthen                               | Carlota L/Jacque L            |
|                  | 6:00-6:30PM             | Kickboxing   | Carlota L/Jacque L            |
| <b>TUESDAY</b>   | 5:30-6:15AM             | Total Body Circuit                                   | Nikki Hackett                 |
|                  | 8:15-8:45AM             | Fitness Fusion                                       | Cindy Lemar                   |
|                  | 9:00-9:45AM             | Senior Circuit <b>(MCC Gym)</b>                      | Cindy Lemar                   |
|                  | 9:00-9:45AM             | Pilates  | Becky Byland                  |
|                  | 4:30-5:00PM             | Burnin' Bands  | Victoria Vollstedt            |
|                  | 5:00-5:30PM             | Stretch & Mobility                                   | Victoria Vollstedt            |
|                  | 5:30-6:15PM             | Indoor Cycling                                       | Regan Tripp                   |
| <b>WEDNESDAY</b> | 5:30-6:15AM             | Indoor Cycling                                       | Nikki Hackett                 |
|                  | 8:00-8:45 AM            | Total Body Toning <b>(MCC Gym)</b>                   | Jacque Oglesby                |
|                  | 9:00-9:45 AM            | Senior Circuit Training <b>(MCC Gym)</b>             | Jacque Oglesby                |
|                  | 9:00-9:45AM             | Stretch & Strengthen Yoga                            | Wendy/Rebecca D.              |
|                  | 10-10:45AM              | Chair Yoga   | Wendy/Rebecca D.              |
|                  | <b>NEW!</b> 4:45-5:15PM | Tone & Stretch                                       | Rebecca Dunnell               |
|                  | 5:30-6:15PM             | Total Body Circuit                                   | Victoria Vollstedt            |
| 6:30-7:15PM      | Tai Chi                 | John Monjar  |                               |
| <b>THURSDAY</b>  | 5:30-6:00AM             | Fitness Fusion                                       | Carlota Layden                |
|                  | 8:15-8:45AM             | Build and Burn 30                                    | Becky Byland                  |
|                  | 9:00-9:45 AM            | Pilates  | Karen Pfof                    |
|                  | 4:45-5:30PM             | Outdoor Fitness and Walking                          | Becky Byland                  |
|                  | 5:30-6:00PM             | Pilates  | Becky Byland                  |
|                  | 6:15-7:15PM             | Qigong   | Kevin Dietrich                |
| <b>FRIDAY</b>    | 5:30-6:00AM             | Indoor Cycling                                       | Karsen Vincent                |
|                  | 8:00-8:45 AM            | Total Body Toning <b>(MCC Gym)</b>                   | Jacque Oglesby                |
|                  | 9:00-9:45 AM            | Senior Circuit Training <b>(MCC Gym)</b>             | Jacque Oglesby                |
|                  | 9:00-9:45AM             | Stretch & Strengthen Yoga                            | Wendy/Sheri C.                |
|                  | 10-10:45AM              | Chair Yoga   | Wendy/Sheri C.                |
| <b>SATURDAY</b>  | 8:15-9:00AM             | Kickboxing/Cardio Circuit/Step                       | Erin/Ashley/Erika/Becky/Nikki |

MPR Hours:

Mon-Thur 5am - 9pm

Fri 5am - 7pm

Sat: 6am - 5pm

Sun 12pm - 5pm

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