



AUGUST



CLASSES EFFECTIVE 8/1/2026

DAY	TIME	CLASS	INSTRUCTOR(S)
MONDAY	5:30-6:15 AM	Indoor Cycling	Ashley Barber
	8:00-8:45 AM	Total Body Toning (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Stretch & Strengthen Yoga	Heidi K./Rebecca D/Wendy
	10-10:45 AM	Chair Yoga	Heidi K./Rebecca D/Wendy
	4:30-5:15 PM	Indoor Cycling (only on 8/10 & 8/24)	Victoria Vollstedt
	NEW! 4:30-5:15 PM	Sculpt (only on 8/10 & 8/24) Upstairs	Regan Tripp
	4:30-5:15 PM	Total Body Circuit (only on 8/3, 8/17, 8/31)	Victoria Vollstedt
	5:30-6:00 PM	Kickboxing	Carlota L/Jacque L/Erika
	6:00-6:30 PM	Stretch and Strengthen	Carlota L/Jacque L/Erika
TUESDAY	5:30-6:15 AM	Total Body Circuit	Nikki Hackett
	8:15-8:45 AM	Fitness Fusion	Cindy Lemar
	9:00-9:45 AM	Senior Circuit (MCC Gym)	Cindy Lemar
	9:00-9:45 AM	Pilates	Becky Byland
	4:30-5:00 PM	Burnin' Bands	Victoria Vollstedt
	5:00-5:30 PM	Stretch & Mobility	Victoria Vollstedt
	5:30-6:15 PM	Indoor Cycling	Regan Tripp
WEDNESDAY	5:30-6:15 AM	Indoor Cycling	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
	9:00-9:45 AM	Stretch & Strengthen Yoga	Wendy/Rebecca D./ Heidi
	10-10:45 AM	Chair Yoga	Wendy/Rebecca D./Heidi
	4:30-5:15 PM	Tone & Stretch	Rebecca Dunnell
	5:30-6:15 PM	Total Body Circuit	Victoria Vollstedt
	6:30-7:15 PM	Tai Chi	John Monjar
THURSDAY	5:30-6:00 AM	Fitness Fusion	Carlota Layden
	8:15-8:45 AM	Build and Burn 30	Becky Byland
	9:00-9:45 AM	Pilates	Karen Pfost
	4:00-4:30 PM	Hot Sculpt	Victoria Vollstedt
	4:45-5:30 PM	Outdoor Fitness and Walking	Becky Byland
	5:30-6:00 PM	Pilates	Becky Byland
	6:15-7:15 PM	Qigong	Kevin Dietrich
FRIDAY	5:30-6:00 AM	Indoor Cycling	Karsen Vincent
	8:00-8:45 AM	Total Body Toning (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Senior Circuit Training (MCC Gym)	Jacque Oglesby
	9:00-9:45 AM	Stretch & Strengthen Yoga	Wendy/Heidi/Rebecca
	10-10:45 AM	Chair Yoga	Wendy/Heidi/Rebecca
SATURDAY			
	8:15-9:00 AM	Kickboxing/Cardio Circuit/Step	Erin/Carlotta/Erika/Becky/Nikki

MPR Hours:

Mon-Thur 5am - 9pm

Fri 5am - 7pm

Sat: 6am - 5pm

Sun 12pm - 5pm