

JANUARY

CLASSES EFFECTIVE 1/1/2026



DAY	TIME	CLASS	INSTRUCTOR(S)	
MONDAY	5:30-6:15AM	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/Heidi K.	
	10-10:45AM	Chair Yoga	Wendy/Heidi K.	
	4:30-5:15PM	Spin (only on 1/5 & 1/19)	Victoria Vollstedt	
	4:30-5:15PM	Total Body Circuit (only on 1/12 & 1/26)	Victoria Vollstedt	
	5:30-6:00PM	Stretch and Strengthen	Carlota L/Jacque L	
	6:00-6:30PM	Kickboxing	Carlota L/Jacque L	
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	
	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	
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/Regan	
	10-10:45AM	Chair Yoga	Wendy/Regan	
	4:45-5:15PM	Strength and Sculpt	Regan Tripp	
	5:30-6:15PM	Total Body Circuit	Victoria Vollstedt	
	6:30-7:15PM	Tai Chi	John Monjar	
THURSDAY	5:30-6:00AM	Fitness Fusion	Carlota Layden	
	8:15-8:45AM	Build and Burn 30	Becky Byland	
	No classes Thurs.	9:00-9:45 AM	Pilates	Karen Pfof
	Jan 1st	4:45-5:30PM	Cardio, Core, & More	Becky Byland
	MCC Hours 8am - 6pm	5:30-6:00PM	Pilates	Becky Byland
		5:30:6:15PM	Spin	Regan Tripp
		6:15-7:15PM	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	Heidi K./Sheri C.	
	10-10:45AM	Chair Yoga	Sheri C./Regan T.	
SATURDAY				
	8:15-9:00AM	Kickboxing/Cardio Circuit/Spin	Erin/Ashley/Erika/Becky/Nikki	

MPR Hours:

Mon-Thur 5am - 9pm

Fri 5am - 7pm

Sat: 6am - 5pm

Sun 12pm - 5pm

