

APRIL

CLASSES EFFECTIVE 4/1/2026



<u>DAY</u>	<u>TIME</u>	<u>CLASS</u>	<u>INSTRUCTOR(S)</u>
MONDAY	5:30-6:15AM	Indoor Cycling	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	Heidi K./Rebecca D
	10-10:45AM	Chair Yoga	Heidi K./Rebecca D
	4:30-5:15PM	Indoor Cycling (only on 4/13, 4/27)	Kallyn Carl/Regan T.
	4:30-5:15PM	Total Body Circuit (only on 4/6 & 4/20)	Carlota Layden
	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	Elizabeth L./Maggie R.
	5:00-5:30PM	Stretch & Mobility	Rebecca Dunnell
	5:30-6:15PM	Indoor Cycling	Regan Tripp
6:30-7:15PM	Wellness Yoga	Sheri Christensen	
WEDNESDAY	5:30-6:15AM	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
	9:00-9:45AM	Stretch & Strengthen Yoga	Wendy/Rebecca D.
	10-10:45AM	Chair Yoga	Wendy/Rebecca D.
	5:30-6:15PM	Total Body Circuit	Becky B./Nikki H.
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
	9:00-9:45 AM	Pilates	Karen Pfof
	4:45-5:30PM	Cardio, Core, & More	Becky Byland
	5:30-6:00PM	Pilates	Becky Byland
	5:30-6:15PM	Indoor Cycling	Regan Tripp
	6:15-7:15PM	Qigong	Kevin Dietrich
FRIDAY	5:30-6:00AM	Indoor Cycling	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 & Strengthen Yoga	Wendy/Sheri C.
	10-10:45AM	Chair Yoga	Wendy/Sheri C.
SATURDAY	8:15-9:00AM	Kickboxing/Cardio Circuit/Indoor Cycling	Erin/Ashley/Erika/Becky/Nikki

MPR Hours:

Mon-Thur 5am - 9pm

Fri 5am - 7pm

Sat: 6am - 5pm

Sun 12pm - 5pm

