

January

MCC AEROBICS & FITNESS CLASSES

Classes Effective 1/1/2016

MONDAYS	8:00-8:45AM	Total Body Toning	Jacque Oglesby
	9:00-9:45 AM	Stretch & Strengthen Yoga	Margaret/Raeann
	9:00-9:45 AM	Senior Circuit Training	Jacque Oglesby
	10:00-10:45AM	Chair Yoga	Margaret/Raeann
	5:30-6:15 PM	Cycling	Chelsea Byland
	5:15-6:00PM	Cardio Interval	Susan Martin
	6:15-7:00PM	PIYO	Kylee Bennett
TUESDAYS	8:15-8:45AM	Daily Burn	Audrey Osborn
	9:00-9:45 AM	Pilates	Stacy Bundridge
	10:00-10:45 AM	Beginning Senior	Stacy Bundridge
	4:00-4:45 PM	Nothing Butt & Ab-Vantage	Joyce Harris
	5:30-6:15 PM	Power Sculpt	Erika Jeter
	5:30-6:30PM	Holistic Yoga	Alisha Francis
WEDNESDAY	8:00-8:45 AM	Total Body Toning	Jacque Oglesby
	9:00-9:45AM	Stretch & Strengthen Yoga	Margaret/Raeann
	9:00-9:45 AM	Senior Circuit Training	Jacque Oglesby
	10:00-10:45 AM	Chair Yoga	Margaret/Raeann
	5:00-5:30PM	Ab-Vantage	Ashlee Hendrix
	5:30-6:00PM	High-Intensity Interval Training	Joyce Harris
	6:15-7:00PM	Zumba	Joy Daggs
6:00-7:00PM	Holistic Yoga	Alisha Francis	
THURSDAYS	8:15-8:45AM	Daily Burn	Audrey Osborn
	9:00-9:45 AM	Pilates	Karen Pfost
	10:00-10:45 AM	Beginning Senior	Beth Sandau
	5:15-6:15 PM	Kickboxing	Susan Martin
	5:30-6:30 PM	Holistic Yoga	Alisha Francis
	6:15-7:00 PM	Power Sculpt	Erika Jeter
FRIDAYS	5:30-6:15 AM	Cycling	Korena Sundell
	8:00-8:45 AM	Total Body Toning	Jacque Oglesby
	9:00-9:45 AM	Senior Circuit Training	Jacque Oglesby
	10:00-10:45 AM	Chair Yoga	Margaret/Raeann
SATURDAYS	8:15-9:15 AM	Kickboxing	Susan Martin
SUNDAYS	2:00-2:30PM	High-Intensity Interval Training	Joyce Harris

***YOGA classes are located upstairs in the Yoga Room**

(Chair Yoga & PIYO are located in the aerobics room)

Receive class changes and cancellations through email & text alerts

Sign up through Textcaster at the front desk Today

OR visit www.maryville.org/mpr & click on Maryville Community Center

BOLDED items represent changes from the previous schedule.

