March

MCC AEROBICS & FITNESS CLASSES

Classes Effective **3/1/2016**

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
	4:00-4:45PM	Nothing Butt & Ab-Vantage	Joyce Harris
	10:00-10:45 AM	Beginning Senior	Stacy Bundridge
	5:30-6:15 PM	Power Sculpt	Erika Jeter
	6:30-7:15PM	**Zumba**	**Joy Daggs**
	5:30-6:30PM	Holistic Yoga	Alisha Francis
WEDNESDAYS	**5:30-6:15AM**	**Cycling**	**Chelsea Byland**
	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
	5:15-6:00PM	Cycling	Beth Sandau
	5:30-6:00PM	HIIT	Joyce Harris
	6:30-7:15PM	**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
	6:00-6:30AM	HIIT Blast	Chelsea Byland
	8:00-8:45 AM	Total Body Toning	Jacque Oglesby
	9:00-9:45AM	Stretch & Strength Yoga	Margaret/Raeann
	9:00-9:45 AM	Senior Circuit Training	Jacque Oglesby
	10:00-10:45 AM	Chair Yoga	Margaret/Raeann
	5:15-6:00PM	Step Interval/Abs	Erika Jeter
SATURDAYS	8:15-9:15 AM	Kickboxing	Susan Martin
SUNDAYS	2:00-2:30PM	HIIT	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.