

AUGUST

MCC AEROBICS & FITNESS CLASSES

Classes Effective **8/1/2016**

MONDAY	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
	5:15-6:00PM	Cardio Interval	Susan Martin
TUESDAY	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
	5:30-6:15 PM	Power Sculpt	Erika Jeter
	5:30-6:30PM	Holistic Yoga	Alisha Francis
	7:00-8:00PM	Water Aerobics (<i>last class AUG 11th</i>)	Beth Sandau
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
	4:45-5:30 PM	Cardio Chisel	Chelsea Byland
	5:30-6:15PM	Step Interval	Erika Jeter
	6:30-7:15PM	Zumba	Joy Dags
THURSDAY	8:15-8:45AM	Daily Burn	Audrey Osborn
	9:00-9:45 AM	Pilates	Karen Pfof
	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
	7:00-8:00PM	Water Aerobics (<i>last class AUG 11th</i>)	Beth Sandau
FRIDAY	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
	5:15-5:45 PM	Fit Family Fun	Erika Jeter
SATURDAY	8:15-9:15 AM	Kickboxing	Susan Martin

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.

