

# OCTOBER

## MCC AEROBICS & FITNESS CLASSES

CLASSES EFFECTIVE 10/1/2016

<b>MONDAY</b>	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
<b>TUESDAY</b>	<b>8:30-9:00AM</b>	<b>FITNESS FUSION</b>	<b>AUDREY OSBORN</b>
	9:00-9:45 AM	PILATES	STACY BUNDRIDGE
	10:00-10:45 AM	BEGINNING SENIOR	STACY BUNDRIDGE
	<b>11:00-11:45 AM</b>	<b>BABIES &amp; BUGGIES (JUDAH PARK)</b>	<b>AUDREY OSBORN</b>
	4:45-5:30PM	ZUMBA - FOR ALL AGES!	JOY DAGGS
	5:30-6:15 PM	POWER SCULPT	ERIKA JETER
	5:30-6:30PM	HOLISTIC YOGA	ALISHA FRANCIS
<b>WEDNESDAY</b>	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
<b>THURSDAY</b>	<b>8:30-9:00AM</b>	<b>FITNESS FUSION</b>	<b>AUDREY OSBORN</b>
	9:00-9:45 AM	PILATES	KAREN PFOST
	10:00-10:45 AM	BEGINNING SENIOR	AUDREY/BETH SANDAU
	5:15-6:15 PM	KICKBOXING	SUSAN MARTIN
	5:30-6:30 PM	HOLISTIC YOGA	ALISHA FRANCIS
<b>FRIDAY</b>	5:30-6:15AM	CYCLING	KORENA SUNDELL
	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
	<b>5:30-6:00 PM</b>	<b>FIT FAMILY FUN</b>	<b>ERIKA JETER</b>
<b>SATURDAY</b>	8:15-9:15 AM	KICKBOXING	SUSAN MARTIN

**BOLDED** ITEMS REPRESENT CHANGES FROM THE PREVIOUS SCHEDULE.

DON'T FORGET TO COME JOIN OUR WALKING CIRCUIT CLUB WITH MODIFIED EXERCISES IN THE CORNERS OF OUR INDOOR TRACK!

**CLASSES & CHILD WATCH FREE WITH MEMBERSHIP!!**

MARYVILLE COMMUNITY CENTER  
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