

# JANUARY

## MCC AEROBICS & FITNESS CLASSES

CLASSES EFFECTIVE 1/1/2017

Day	Time	Class	Instructor
<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
	<b>4:30-5:15PM</b>	<b>PILATES</b>	<b>SUSAN MARTIN</b>
	5:15-6:00PM	CARDIO INTERVAL	SUSAN MARTIN
	<b>5:30-6:15PM</b>	<b>ZUMBA (UPSTAIRS)</b>	<b>JOY DAGGS</b>
<b>TUESDAY</b>	5:30-6:15AM	CYCLING	JACKIE ROSS
	8:15-8:45AM	FITNESS FUSION	AUDREY OSBORN
	9:00-9:45 AM	PILATES	STACY BUNDRIDGE
	10:00-10:45 AM	BEGINNING SENIOR	STACY BUNDRIDGE
	11:00-11:45 AM	BABIES & BUGGIES	AUDREY OSBORN
	5:30-6:15 PM	POWER SCULPT	ERIKA JETER
	<b>5:30-6:30PM</b>	<b>YIN/HATHA YOGA</b>	<b>NIKI JENSEN</b>
<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
	<b>4:30-5:15 PM</b>	<b>BEGINNER CIRCUIT</b>	<b>CHELSEA BYLAND</b>
	5:30-6:15PM	STEP INTERVAL	ERIKA JETER
	<b>5:30-6:15PM</b>	<b>CYCLING</b>	<b>CHELSEA BYLAND</b>
<b>THURSDAY</b>	9:00-9:45 AM	PILATES	KAREN PFOST
	10:00-10:45 AM	BEGINNING SENIOR	BETH SANDAU
	<b>4:30-5:15PM</b>	<b>TONING</b>	<b>SUSAN MARTIN</b>
	5:15-6:15 PM	KICKBOXING	SUSAN MARTIN
<b>5:30-6:30 PM</b>	<b>YIN/HATHA YOGA</b>	<b>NIKI JENSEN</b>	
<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 & STRENGTHEN YOGA	MARGARET/RAEANN
	9:00-9:45 AM	SENIOR CIRCUIT TRAINING	JACQUE OGLESBY
	10:00-10:45 AM	CHAIR YOGA	MARGARET/RAEANN
	<b>4:45-5:30 PM</b>	<b>LEVEL 1 CIRCUIT TRAINING</b>	<b>ERIKA JETER</b>
5:30-6:00 PM	FIT FAMILY FUN	ERIKA JETER	
<b>SATURDAY</b>	8:15-9:15 AM	KICKBOXING	SUSAN MARTIN

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

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

MARYVILLE COMMUNITY CENTER  
1407 N. COUNTRY CLUB RD. SUITE 200  
MARYVILLE, MO 64468



[WWW.MARYVILLEPARKS.ORG](http://WWW.MARYVILLEPARKS.ORG)

FOLLOW US ON FACEBOOK & INSTAGRAM  
SIGN UP TEXT ALERTS, PHONE: 660.562.2923