

JANUARY

MCC AEROBICS & FITNESS CLASSES

CLASSES EFFECTIVE 1/1/2017

DAY	TIME	CLASS	INSTRUCTOR
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
	4:30-5:15PM	PILATES	SUSAN MARTIN
	5:15-6:00PM	CARDIO INTERVAL	SUSAN MARTIN
	5:30-6:15PM	ZUMBA (UPSTAIRS)	JOY DAGGS
TUESDAY	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
	4:45-5:15PM	BEGINNER INTERVAL	JOYCE HARRIS
	5:30-6:15 PM	POWER SCULPT	ERIKA JETER
	5:30-6:30PM	YIN/HATHA YOGA	NIKI JENSEN
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
	4:30-5:15 PM	BEGINNER CIRCUIT	CHELSEA BYLAND
	5:30-6:15PM	STEP INTERVAL	ERIKA JETER
	5:30-6:15PM	CYCLING	CHELSEA BYLAND
THURSDAY	9:00-9:45 AM	PILATES	KAREN PFOST
	10:00-10:45 AM	BEGINNING SENIOR	BETH SANDAU
	4:30-5:15PM	TONING	SUSAN MARTIN
	5:15-6:15 PM	KICKBOXING	SUSAN MARTIN
5:30-6:30 PM	YIN/HATHA YOGA	NIKI JENSEN	
FRIDAY	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
	4:45-5:30 PM	LEVEL 1 CIRCUIT TRAINING	ERIKA JETER
5:30-6:00 PM	FIT FAMILY FUN	ERIKA JETER	
SATURDAY	8:15-9:15 AM	KICKBOXING	SUSAN MARTIN

BOLDED ITEMS REPRESENT CHANGES FROM THE PREVIOUS SCHEDULE.

CLASSES & CHILD WATCH FREE WITH MEMBERSHIP!!

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