

# NOVEMBER

## MARYVILLE COMMUNITY CENTER FITNESS CLASSES

CLASSES EFFECTIVE 11/1/2017

Day	Time	Class	Instructor
<b>MONDAY</b>	5:30-6:15AM	X-FIT	JESSE COWDEN
	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	JOY DAGGS
	5:15-6:00PM	YIN YOGA	VALERIE RUBY
<b>TUESDAY</b>	5:30-6:15AM	X-FIT	JESSE COWDEN
	8:15-8:45AM	FITNESS FUSION	TAYLOR SHULL
	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
<b>WEDNESDAY</b>	5:30-6:15AM	CYCLING CIRCUIT	JACKIE ROSS
	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
	5:30-6:15PM	STEP INTERVAL	ERIKA JETER
<b>THURSDAY</b>	5:30-6:30PM	YIN RESTORATIVE YOGA	RAEANN HATFIELD
	5:30-6:15AM	X-FIT	JESSE COWDEN
<b>FRIDAY</b>	8:15-8:45AM	FITNESS FUSION	TAYLOR SHULL
	9:00-9:45 AM	PILATES	KAREN PFOST
	10:00-10:45 AM	BEGINNING SENIOR	BETH SANDAU
	<b>5:30-6:15 PM</b>	<b>KICKBOXING</b>	<b>SUSAN MARTIN</b>
<b>FRIDAY</b>	5:30-6:15AM	X-FIT	JESSE COWDEN
	5:30-6:15AM	SPINNING	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>SATURDAY</b>	8:15-9:15 AM	KICKBOXING	ERIKA JETER

**BOLD**ED ITEMS REPRESENT CHANGES FROM THE PREVIOUS SCHEDULE.

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

MARYVILLE COMMUNITY CENTER  
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