

FEBRUARY

MCC AEROBICS & FITNESS CLASSES

CLASSES EFFECTIVE 2/1/2017

| | | | |
|------------------|--------------------|---------------------------|-------------------------|
| 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 |
| | 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 |
| | 4:30-5:15PM | PRENATAL YOGA | MARGARET PIERSON |
| | 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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