

FEBRUARY

MARYVILLE COMMUNITY CENTER FITNESS CLASSES

CLASSES EFFECTIVE 2/1/2018

MONDAY	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/VALERIE
	9:00-9:45 AM	SENIOR CIRCUIT TRAINING	JACQUE OGLESBY
	10:00-10:45AM	CHAIR YOGA	MARGARET/VALERIE
	4:30-5:15PM	TONING	SUSAN MARTIN
	5:30-6:15PM	CARDIO INTERVAL	JOY DAGGS
	5:30-6:15PM	VINYASSA YOGA	VALERIE RUBY
TUESDAY	5:30-6:15AM	X-FIT	JESSE COWDEN
	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
	5:00-5:45PM	CYCLING	BETH SANDAU
	5:30-6:15 PM	POWER SCULPT	ERIKA JETER
WEDNESDAY	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/VALERIE
	9:00-9:45 AM	SENIOR CIRCUIT TRAINING	JACQUE OGLESBY
	10:00-10:45 AM	CHAIR YOGA	MARGARET/VALERIE
	4:30-5:15PM	CORE & MORE	VALERIE RUBY
	5:30-6:15PM	STEP INTERVAL	ERIKA JETER
	5:30-6:30PM	YIN YOGA	RAEANN HATFIELD
THURSDAY	5:30-6:15AM	X-FIT	JESSE COWDEN
	8:15-8:45AM	FITNESS FUSION	AUDREY OSBORN
	9:00-9:45AM	CYCLING	BETH SANDAU
	9:00-9:45 AM	PILATES	KAREN PFOST
	10:00-10:45 AM	BEGINNING SENIOR	BETH SANDAU
	4:30-5:15PM	TONING	SUSAN MARTIN
	5:30-6:30PM	RESTORATIVE YOGA	MARGARET PIERSON
	5:30-6:15 PM	KICKBOXING	NIKKI HACKETT/ERIKA
FRIDAY	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/VALERIE
	9:00-9:45 AM	SENIOR CIRCUIT TRAINING	JACQUE OGLESBY
	10:00-10:45 AM	CHAIR YOGA	MARGARET/VALERIE
SATURDAY	7:30-8:30AM	BEGINNER CIRCUIT	JACKIE ROSS
	8:15-9:15 AM	KICKBOXING	SUSAN MARTIN
	9:15-10:00AM	POWER SCULPT	KALLYN CARL

BOLDED ITEMS REPRESENT CHANGES FROM THE PREVIOUS SCHEDULE.

CLASSES & CHILD WATCH FREE WITH MEMBERSHIP!!

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