

JULY

MARYVILLE COMMUNITY CENTER FITNESS CLASSES

CLASSES EFFECTIVE 7/1/2017

| | | | |
|------------------|---------------------|---------------------------------|---------------------|
| 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/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 | SUSAN MARTIN |
| | 5:30-6:15PM | SPIN & YIN | VALERIE RUBY |
| | 7:00-7:45 PM | ADVANCED DEEP WATEROBICS | BETH SANDAU |
| TUESDAY | 5:30-6:15AM | X-FIT | JESSE COWDEN |
| | 5:30-6:15AM | CYCLING CIRCUIT | 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 |
| | 5:30-6:15 PM | POWER SCULPT | ERIKA JETER |
| | 7:00-7:45PM | WATER AEROBICS | BETH SANDAU |
| 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 |
| | 5:30-6:15PM | STEP INTERVAL | ERIKA JETER |
| | 5:30-6:30PM | YIN RESTORATIVE YOGA | RAEANN HATFIELD |
| | 7:00-7:45 PM | ADVANCED DEEP WATEROBICS | BETH SANDAU |
| THURSDAY | 5:30-6:15AM | X-FIT | JESSE COWDEN |
| | 5:30-6:15AM | CYCLING CIRCUIT | JACKIE ROSS |
| | 8:15-8:45AM | FITNESS FUSION | AUDREY OSBORN |
| | 9:00-9:45 AM | PILATES | KAREN PFOST |
| | 10:00-10:45 AM | BEGINNING SENIOR | BETH SANDAU |
| | 5:15-6:15 PM | KICKBOXING | SUSAN MARTIN |
| | 7:00-7:45 PM | WATER AEROBICS | BETH SANDAU |
| FRIDAY | 5:30-6:15AM | X-FIT | JESSE COWDEN |
| | 5:30-6:15AM | CYCLING | ASHLEY BARBER |
| | 8:00-8:45 AM | TOTAL BODY TONING | ERIKA JETER |
| | 9:00-9:45AM | STRETCH & STRENGTHEN YOGA | MARGARET/RAEANN |
| | 9:00-9:45 AM | SENIOR CIRCUIT TRAINING | ERIKA JETER |
| | 10:00-10:45 AM | CHAIR YOGA | MARGARET/RAEANN |
| SATURDAY | 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
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MARYVILLE, MO 64468



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