



AUGUST 2019 GROUP FITNESS SCHEDULE

MCC MEMBERS: FREE participation

Non Members: purchase a 10 class Fitness Class Pass: \$95/residents, \$116/regular
 OR pay the drop-in rate per class: \$13/residents, \$16/regular, \$8.50/ ***SilverSneakers Classes***
 Everyone **MUST** sign in at Guest Services. Specialty classes require registration and additional fees.

MONDAY			
Time	Class	Length	Instructor
5:15 a.m.	SPIN	45 min.	Kelsey
7:00 a.m.	TABATA	55 min.	Rachel
8:00 a.m.	*S. S. SPLASH*	60 min.	Donna
8:00 a.m.	BARBELL STRENGTH	60 min.	Rachel
9:00 a.m.	YIN YOGA PC	55 min	Nicky
10:15 a.m.	OPEN MAT PC	45 min	OPEN
11:00 a.m.	BARRE FUSION PC	60 min.	Joy
11:00 a.m.	*S.S. CARDIO FIT*	60 min.	Donna
5:15 p.m.	HIIT	50 min.	Kelsey
6:15 p.m.	BODY BLAST	55 min.	Kelsey

WEDNESDAY			
Time	Class	Length	Instructor
5:15 a.m.	SPIN	45 min.	Kelsey
7:00 a.m.	BARBELL STRENGTH	55 min.	Rachel
8:00 a.m.	CARDIO H2O	55 min.	Donna
8:00 a.m.	TABATA	60 min.	Rachel
10:00 a.m.	*CHAIR YOGA	50 min	Joy
11:00 a.m.	*SS CARDIO FIT*	55 min	Donna
5:00 p.m.	STRENGTH	55 min	Kevin
5:30 p.m.	VINYASA PC	50 min	Amee
6:00 p.m.	BOOT CAMP	60 min.	Kevin
6:30 p.m.	YIN YOGA PC	55 min	Amee

FRIDAY			
Time	Class	Length	Instructor
5:15 a.m.	SPIN AND SCULPT	45 min.	Tiffany
8:00 a.m.	BARBELL STRENGTH	55 min	Rachel
9:00 a.m.	YIN YOGA PC	55 min	Nicky
10:00 a.m.	OPEN MAT PC	45 min	OPEN
11:00 a.m.	YOGA FUSION PC	60 min	Joy

TUESDAY			
Time	Class	Length	Instructor
5:15 a.m.	BARBELL AND BANDS	45 min.	Tiffany
7:00 a.m.	BARRE CONNECT PC	60 min.	Rachel
8:00 a.m.	BODY BLAST	60 min.	Kelsey
11:00 a.m.	*CHAIR YOGA*	60 min.	Donna
12:15 p.m.	*S.S. CLASSIC*	60 min.	Donna
5:15 p.m.	BODY BLAST	50 min.	Kelsey
6:15 p.m.	TOTAL BODY COND.	55 min.	Kevin

THURSDAY			
Time	Class	Length	instructor
8:00 a.m.	*SS SPLASH*	60 min	Donna
8:00 a.m.	CORE FUSION	55 min.	Nicky
9:00 a.m.	BARRE CONNECT PC	55 min.	Rachel
12:15 p.m.	*S.S. CLASSIC*	60 min.	Donna
5:15 p.m.	INFERNO/CORE FUSION	60 min.	Nicky

SATURDAY			
Time	Class	Length	Instructor
8:00 a.m.	YIN YOGA PC	60 min.	Nicky

>Open mat will be available from 10:15-11:00 Mondays and Fridays at the Prairie Center for members to do their own Yoga and stretching.

PC = PRAIRIE CENTER (LOCATED ACROSS THE STREET)

CYCLE

SPIN

Get ready to sweat in this 45 minute class!! This stationary bike class will burn calories without impact to your joints, it's all muscle and cardio conditioning! Bring a personal towel and a water bottle.

CARDIO & STRENGTH

Turbo Kick / Cardio Kickboxing

Each class is packed with real kickboxing moves, calorie-blasting HIIT training, and bodyweight exercises. You'll leave every class dripping sweat-and ready to conquer anything! Total-Body Cardio: Sculpt your upper and lower body and burn major calories with rhythmic boxing and kickboxing combinations.

H.I.I.T. / Tabata /Circuit Strength

High Intensity Interval Training is a strategy alternating periods of short intense anaerobic exercise followed by less intense recovery periods. By combining a variety of different exercises and equipment, this class tones your abs, butt, hips and thighs. Great for those who need to maximize workout time. Modifications and progressions given.

Inferno

Pyramid style high intensity interval training. 8 exercises, 45 minutes, intense sweat dripping cardio.

Body Blast / Total Body Conditioning (T. B. C.)

Total body conditioning and body blast incorporates both cardio and toning exercises into a complete workout. This class incorporates interval-focused exercises that provide variety, alternate between cardio bursts and strength building to provide max results and a ton of fun!

Cardio H2O

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning. No swimming ability is required. A kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Cardio Sculpt/ Cardio Core/ Cardio Fit

High Intensity, High Energy cardio and toning. Get ready to find the balance between strength, cardio, and flexibility. These core workouts will have you working all muscle groups that stimulate the core. Every week is different. This class is high energy and FUN!

The Workout/Boot camp

Cross fit style workouts to challenge your every move. This class will push you to your limits every time, and keep you guessing when you walk in the door. The workout changes with each class to shock your body and keep your muscles confused and growing. Boot Camp: A real power house workout to test your limits while enjoying the outdoors (weather permitting)

Core Fusion

This class will challenge you and build up a very important part of your body! Core Fusion is going to take you through some serious strengthening of your entire mid section. You will get this through balancing exercises as well as body weight exercises. Prepare your body for life long activity that will help you in ALL of your daily movements.

MIND & BODY

Yoga & Power Yoga

Yoga is a slow-paced stretching class with some simple breathing exercises and meditation. Learn basic poses and relaxation techniques. Power Yoga will allow participants to advance through power poses at a faster pace with a focus of breath and a clear mind. Modifications given.

Vinyasa Yoga

Vinyasa (flowing) yoga generates heat at a moderate pace. This class will combine physical movements with breath to increase strength and flexibility, reduce stress, and enhance focus. Ideal for strengthening and toning from head to toe with added focus to core strength.

Barre Fusion / Yoga Fusion

Sculpt and tone your entire body at the barre! In this class you will find elements of ballet, yoga, Pilates, and functional training. By using small controlled movements, isometric holds, interval training, body weight or lift weights, we will challenge all fitness levels with a high intensity yet low impact workout!

Barre Connect

Barre Connect is a Cross-Training conditioning workout, Ballet and pilates based format (no impact) designed to increase lean muscle tone while improving cardiovascular endurance. Using 4 segments of work, classes will focus on posture, balance, stability and core strength while using balls, bands and weights!

Yin Yoga

Yin yoga is a slow-paced style of yoga with postures, or asanas, that are held for longer periods of time—for beginners, it may range from 45 seconds to two minutes; more advanced practitioners may stay in one asana for five minutes or more. Christine will help you get into those poses for deep stretching which will release tension on your muscles, ligaments and joints. This has quickly become one of our more popular yoga classes.

Pilates/Power Pilates

Specialty classes that will work all parts of your body. Beginner Pilates will be in a supine position (lying on ones back). The back will be your primary support for all your arm, legs and core movements. Power Pilates will bring advanced to intermediate moves to participants. The goal for power is always to keep a higher heart rate and higher intensity. You may fine yourself in unfamiliar positions that will push your body to new limits.

Open Mat

Open mat will be time available for members to relax, stretch and create their own yoga workout. The Prairie Center will be open from 10:15 am after Yin Yoga Mondays and Fridays until 11:00 am just before Yoga/Barre Fusion (no instructor)

SENIOR / SILVER SNEAKERS

SS Circuit Strength

Higher Intensity, High Energy cardio and toning. Get ready to find the balance between strength, cardio, and flexibility. These workouts will have you working all muscle groups. Every week is different. This class is high energy and FUN!

Silver Sneakers Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance. A chair is used for seated and/or standing support. Inst: Donna

Silver Splash

Activate your urge for variety! Splash offers fun, shallow-water movement to improve agility and flexibility while addressing cardiovascular, strength, and endurance conditioning. No swimming ability is required. A kickboard or other aquatic equipment is used to improve strength, balance and coordination.

Chair Yoga

Gentle yoga will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction.

EQUIPMENT ORIENTATION

Are you new to MCC and would like a little help in learning the equipment upstairs? Then sign up for a free equipment orientation led by a certified personal trainer. This is only for new members. Register at Guest Services. Pre-registration is required.

> Thursday, August 1st, 3:00 p.m.-4:00 p.m.

Kid Lifting Thursday, August 8th, 3:00-5:00 p.m.

> Thursday, August 22nd, 3:00 p.m.-4:00 p.m.