



DECEMBER 2018 GROUP FITNESS SCHEDULE

MCC MEMBERS: FREE participation

Non Members: purchase a 10 class Fitness Class Pass: \$90/residents, \$110/regular

OR pay the drop-in rate per class: \$12/residents, \$15/regular, \$8/ ***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
8:00 a.m.	TABATA	55 min.	Rachel
8:15 a.m.	*S. S. SPLASH*	60 min.	Donna
9:00 a.m.	YIN YOGA PC	50 min.	Christine
9:00 a.m.	BARBELL STRENGTH	55 min.	Rachel
10:00 a.m.	VINYASA YOGA PC	55 min.	Christine
11:00 a.m.	BARRE FUSION PC	60 min.	Christine
11:00 a.m.	*S.S. CIRCUIT STRENGTH*	60 min.	Donna
5:15 p.m.	HIIT	50 min.	Kelsey
6:15 p.m.	BODY BLAST	50 min.	Kelsey

TUESDAY			
Time	Class	Length	Instructor
5:15 a.m.	CARDIO CORE	45 min.	Tiffany
9:00 a.m.	BARRE CONNECT PC	55 min.	Rachel
9:00 a.m.	BODY BLAST	50 min.	Kelsey
10:00 a.m.	POWER YOGA PC	50 min.	Christine
11:15 a.m.	*CHAIR YOGA*	60 min.	Christine
1:00 p.m.	*S.S. CLASSIC*	60 min.	Donna
4:15 p.m.	CARDIO H2O	60 min.	Donna
5:15 p.m.	BODY BLAST	50 min.	Kelsey
6:00 p.m.	GENTLE FLOW YOGA PC	60 min.	Holly
6:15 p.m.	TOTAL BODY COND.	50 min.	Kevin

WEDNESDAY			
Time	Class	Length	Instructor
5:15 a.m.	SPIN	45 min.	Kelsey
8:15 a.m.	CARDIO H2O	60 min.	Donna
9:00 a.m.	TABATA	50 min.	Rachel
10:00 a.m.	BARBELL STRENGTH	55 min.	Rachel
11:00 a.m.	YOGA FUSION PC	50 min.	Christine
11:00 a.m.	*SS CIRCUIT STRENGTH*	55 min.	Donna
12:10 p.m.	*CHAIR YOGA*	55 min.	Christine
5:00 p.m.	TOTAL BODY COND.	55 min.	Kevin
5:30 p.m.	VINYASA YOGA PC	50 min.	Amee
6:00 p.m.	BODY BLAST-STRENGTH	60 min.	Kevin
6:30 p.m.	YIN YOGA PC	55 min.	Amee

THURSDAY			
Time	Class	Length	instructor
5:15 a.m.	TOTAL BODY COND.	45 min.	Kevin
8:00 a.m.	KILLER CORE/WEIGHTS	55 min.	Nicky
9:00 a.m.	TURBO KICK	50 min.	Nikki B.
10:00 a.m.	BARRE CONNECT PC	50 min.	Rachel
11:00 a.m.	BEGINNER SPIN	60 min.	Donna
1:00 p.m.	*S.S. CLASSIC*	60 min.	Donna
5:15 p.m.	BOOT CAMP	60 min.	Laura

SATURDAY			
Time	Class	Length	Instructor
7:30 a.m.	THE WORKOUT	60 min.	Derek
8:00 a.m.	GENTLE FLOW YOGA PC	60 min.	Holly

FRIDAY			
Time	Class	Length	Instructor
5:15 a.m.	SPIN AND SCULPT	45 min.	Tiffany
8:00 a.m.	BAREBELL STRENGTH	55 min.	Rachel
8:15 a.m.	SS SPLASH	60 min.	Donna
9:00 a.m.	AK FIT	50 min.	Lassana
11:00 a.m.	SS CIRCUIT STRENGTH	55 min.	Donna
11:00 a.m.	YIN YOGA PC	60 min.	Christine

**PC = PRAIRIE CENTER
(LOCATED ACROSS THE STREET)**

**The MCC will be open from 5 a.m.-2 p.m.
Christmas Eve**

Closed Christmas Day

CYCLE

Beginner Spin

Work up a sweat on the spin bikes. Every class is different and the instructor will push you to burn calories and build muscle. For all fitness levels.

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

Each Turbo Kick LIVE 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.

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!

AK Fit

This class will incorporate weights and body weight exercises using a variety of intervals to build muscle and burn fat. 30 minutes of weights/strength training & 30 minutes of high intensity cardio.

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

Killer Core

This class will challenge you and build up a very important part of your body! Killer core 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.

Gentle Flow Yoga

Gentle Flow yoga is designed to revitalize the body, relax the mind and reduce stress this slow moving yoga class synchronises movement with breathing from the perfect mind and body connection. Great for beginners and anyone wanting to restore their internal balance.

SENIOR / SILVER SNEAKERS

Cardio Fit

Higher 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!

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.

» **Tuesday, Dec. 4, 6:45 p.m.**

» **Wednesday, Dec. 5, 9:45 a.m.**

» **Tuesday, Dec. 18, 6:45 p.m.**

» **Wednesday, Dec. 19, 9:45 a.m.**