

# SEPTEMBER 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
6-8 a.m.	OPEN STUDIO—WAREHOUSE		
8:00 a.m.	TABATA	55 min.	Rachel
8:00 a.m.	*S. S. SPLASH*	60 min.	Donna
9:00 a.m.	BARBELL STRENGTH	60 min.	Rachel
9:00 a.m.	YIN YOGA <b>PC</b>	55 min	Nicky
10:15 a.m.	OPEN MAT <b>PC</b>		
11:00 a.m.	BARRE FUSION <b>PC</b>	50 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
6-8 a.m.	OPEN STUDIO—WAREHOUSE		
8:00 a.m.	BARBELL STRENGTH	55 min.	Rachel
8:00 a.m.	CARDIO H2O	55 min.	Donna
9:00 a.m.	TABATA	60 min.	Rachel
11:00 a.m.	YOGA FUSION <b>PC</b>	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 YOGA <b>PC</b>	50 min	Amee
6:00 p.m.	BOOT CAMP	60 min.	Kevin
6:30 p.m.	YIN YOGA <b>PC</b>	55 min	Amee

FRIDAY			
Time	Class	Length	Instructor
5:15 a.m.	SPIN AND SCULPT	45 min.	Tiffany
6-9 a.m.	OPEN STUDIO—WAREHOUSE		
8:00 a.m.	BARBELL STRENGTH	55 min	Rachel
9:00 a.m.	YIN YOGA <b>PC</b>	55 min	Nicky
10:00 a.m.	OPEN MAT <b>PC</b>		
11:00 a.m.	YOGA FUSION <b>PC</b>	50 min	Joy

TUESDAY			
Time	Class	Length	Instructor
5:15 a.m.	BARBELL AND BANDS	45 min.	Tiffany
6-9 a.m.	OPEN STUDIO—WAREHOUSE		
9:00 a.m.	BARRE CONNECT <b>PC</b>	60 min.	Rachel
9:00 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
5:15 a.m.	BARBELL AND BANDS	45 min.	Tiffany
5am-8am	OPEN STUDIO—WAREHOUSE		
8:00 a.m.	*SS SPLASH*	60 min	Donna
8:00 a.m.	CORE FUSION	55 min.	Nicky
9:00 a.m.	BARRE CONNECT <b>PC</b>	55 min.	Rachel
11:00 a.m.	*CHAIR YOGA*	60 min.	Joy
12:15 p.m.	*S.S. CLASSIC*	60 min.	Donna
4-8 p.m.	OPEN STUDIO—WAREHOUSE		

SATURDAY			
Time	Class	Length	Instructor
7:00 a.m.	BARRE CONNECT— <b>PC</b>	50 min.	Rachel
8:00 a.m.	YIN YOGA <b>PC</b>	60 min.	Nicky

>Open mat and open studio is for members to practice their own work-outs, Yoga and stretching. Please put equipment back the way you found it. Groups welcome!

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

## CYCLE

### SPIN / SPIN & SCULPT

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

### H.I.I.T. / Tabata

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.

### 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

### 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.

### Open Mat / Open Studio

Open times will be time available for members to relax, stretch and create their own workout. The Prairie Center and the Warehouse will be open and equipment is available. (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.

> Tuesday, Sept. 24, 1:30-2:30 p.m.

\*Kid Lifting\* Wednesday, Sept. 25, 4:00-5:45 p.m.