



RESTORE THE CORE

A hands on seminar to teach you about the functions of the core. You will learn training techniques to reduce pain and improve function in daily life.

Instructor: Jerry Kleinman
Location: CC Fitness Studio
Date: Thurs., May 25th
Time: 4:15-5:15 p.m.
Fee: Free for Members / \$10 for non-members
Activity # (470091-A)

ASTHMA and ALLERGIES: Naturopathic Help for Springtime Blues!

Asthma and allergies are common ailments for many people. With climate change, suffering from allergies is on the rise. You DON'T just have to settle with drugs that mask symptoms. Join Fran Storch, N.D. to find out how herbs, nutrition, and hydrotherapy can help YOU!

Instructor: Fran Storch, ND
Location: CC Community Room
Date: Wed., April 19th
Time: 6:30-7:30 pm
Fee: Free for Members / \$10 for non-members
Activity #: (470091-B)

YOUR DIGESTION: Why Can't You Get It Right?

Reflux and heartburn. Irritable bowel. Gas and bloating. Food intolerances. Why can't you just have normal digestion? If your digestion is off, it can upset your whole health, including your emotional well-being. Join Fran Storch, N.D. for help with nutrition, supplements, and activities that can help you get your digestion right!

Instructor: Fran Storch, ND
Location: CC Community Room
Date: Wed., May 3rd
Time: 6:30-7:30 pm
Fee: Free for Members / \$10 for non-members
Activity #: (470091-C)

GOLF CONDITIONING CLINIC

A great introduction to the power of Golf Conditioning through Pilates! See how the body's biomechanics influence the golf swing. Learn an easy injury-prevention warm-up specific to golf. Learn exercises and stretches to hit the ball farther and straighter! Create a golf day strategy for warming-up and staying flexible throughout the game.

Pilates and the Pros: Of all the professional athletes training with Pilates, golfers have adapted to it the fastest. Pilates Golf disciples include Tiger Woods, Phil Mickelson, Rocco Mediate, David Duval, Annika Sorenstam and Kellie Keuhne.

Instructor: Perri Panella
Location: Community Center Front Lawn - rain location- CC Gym
Date: Sat., April 22nd
Time: 2-4 p.m.
Fee: \$30 for members / \$60 for non-members
Activity #: (470092-A)



FAMILY Track Hours

Parents & kids who are facility members are invited to walk, run or jog on the track together.

Please note: parents must remain beside their children at all times, running or walking with them and follow all posted policies regarding use of the track area.

Monday - Friday, 1-9 p.m.
Saturday & Sunday, noon-8 p.m.

FREE,
 however all participants must be facility members.

Adult Drop-In Sports

Basketball..... Monday & Wednesday 7:30-8:55 p.m.
40+ Basketball .. Tuesday & Friday 7:15-9:15 a.m.
Pickleball Tuesday & Thursday 9:30 a.m.-Noon
Futsal Tuesday 7:30-8:55 p.m. & Sunday 6-7:55 p.m.

Free to members • Non-members pay a daily fee.

PERSONAL TRAINERS



Jerry Kleinman
860-617-1161



Mandy Ivory
860-933-4852



Aaron Russ
860-942-0487



Jodi Farno
860-966-0594



Jessica Tracy
860-429-3015



Deb Grenier
860-208-6763
Private Pilates Instruction

PERSONAL TRAINING PACKAGES

BODY COMPOSITION TESTING

Being healthy or getting fit is more than just exercise. We can help you look at YOUR body and give you information that you can use more effectively than just a number on the scale. Did you know...lean muscle weighs more than fat? The location of changes in skinfold measurements can provide clues about your hormone levels. Analyzing your body composition can help you set and reach goals. Initial measurements of skinfold and girth taken at 4-7 sites. Calculation of body fat and lean mass percentages.

2-30 minute sessions - \$60 (initial measurement and 6-week follow-up)

FUNCTIONAL MOVEMENT SCREEN

First Move Well, Then Move Often! The Functional Movement Screen is comprised of 7 tests that look at your balance, mobility and stability. These patterns of movement will show you where your weaknesses, imbalances, asymmetries and limitations lie. No matter your fitness level, this test can benefit your exercise program by finding faulty movement patterns. Find out where you are compensating in your movement; improve your biomechanics; help prevent future injuries.

2-30 minute sessions - \$60 (initial measurement taken at first appointment, analysis of results with specific exercise demonstration at second appointment)

Sign up for a 4 visit package (initial measurement, exercise, follow-up, re-test) \$99

NUTRITION COUNSELING

Good nutrition can help you reach your goals! What exactly is "good nutrition"? How can nutrition counseling help you to never diet again? Do you eat well, but still can't reach your body composition or performance goals? Do you feel sluggish or tired? Do you look at nutrition labels and just get more confused? Sign up for a good look at how we can help you.

2-30 minute sessions - \$60 (initial meeting to determine goals, submit diet and lifestyle assessment, session 2 presents an analysis of your diet and important action steps you can take)



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Register for **Body Composition, Nutritional Counseling, and Functional Movement Screen** and receive one free personal training session.

Contact Jessica Tracy at tracyja@mansfieldct.org for help getting started with a healthier you!



PERSONAL TRAINING



...for all levels of fitness!

The decision to hire a personal trainer is different for everyone but all our trainers have a common link . . . the commitment to improve your health! We have a variety of devoted and caring certified personal trainers who will assist you with reaching your personal fitness goals. Whether you have never tried personal training before or are looking to hire a new trainer, they have the potential to profoundly impact your life. Their commitment to you includes a personal fitness program tailored to meet your needs, active involvement in your training, and a wealth of knowledge to approach your fitness program with confidence.

How do I find a Personal Trainer at MCC that best meets my needs?

Each trainer has a wide range of skills, knowledge and experience but some trainers focus on a specific area within the profession. Our staff can review profiles of our trainers with you (and we have a Personal Trainers bulletin board), connect you to an agreed upon person and then you can interview the trainer before you make a commitment. This way you are in charge of creating a match that best works for you.

How often do I meet with a Personal Trainer?

This varies based upon the individual needs of the client. Normally at least 3-6 sessions are required for a program to be designed and learned. It is not uncommon for clients to make personal training sessions a part of their on-going fitness program.

What is the cost per session for Personal Training?

This varies but a range you can expect to pay is \$55-\$70 per hour. Group Training is also available for up to four people (arranged by the participants) of similar abilities. Group Training can be an additional motivator, fun and a great cost savings.

- REHABILITATIVE NEEDS
- WEIGHT LOSS
- SPECIFIC ATHLETIC CONDITIONING CHALLENGING YOUR FITNESS ROUTINE
- MOTIVATION
- GROUP TRAINING



NEW to Fitness or our Facility?

TRY OUR FREE "STARTING STRONG" PROGRAM!

After completing a fitness questionnaire and setting goals for your personal fitness, one of our trained fitness assistants will take you through two sample workouts encompassing cardio and weight machines, and participants will earn rewards for each completed session! Also, get a 10% discount PLUS a free gift bag when you purchase three personal training sessions. Appointments are available anytime during normal business hours and set up is as easy as stopping by the reception desk or calling us at (860) 429-3015 ext. 0.



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FIND YOUR PERFECT FITNESS CLASS!

Find Your Perfect Fitness Class! We have a variety of fitness classes to satisfy participants of all abilities. Our instructors will keep you motivated while teaching you safely and effectively. You will learn new moves while challenging your body. Be part of group fitness and put the fun back into your workout!

Looking to improve flexibility, range of motion or balance?

Balance in Motion
Corefusion
Foam Roll
Pilates
Tai Chi
Yoga

Need a gentle class or have mobility issues?

Silver Sneakers Classes
Chair/Standing Pilates
Original Strength
Gentle Yoga
Tai Chi

Silver Sneakers classes

Silver Sneakers Classic
Silver Sneakers Splash
Silver Sneakers Circuit
Silver Sneakers Yoga

Fun and Challenging

Work the circuit
MCC Mini Pump
Core Circuit
Total Barre
Kettlebells
TRX

Prefer a water class?

Silver Sneakers Splash
Water Fitness
Aqua Therapy
Aqua Power

Looking for Cardio?

Cardio Kickbox
Salsa Fit
Spin

Build Strength & Endurance with:

Functional Strength
Work the Circuit
Kettlebells
Bootcamp

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Spin	Special stationary bikes, trained instructors and motivating music provide a great workout. We STRONGLY encourage participants to come to class 5 minutes early allowing time for set up and to bring a water bottle and sweat towel.
Warrior Training	Are you planning to participate in a triathlon, road race or Warrior Dash? This class will help get you and your body ready for your event. Be prepared to work hard, though exercises are adaptable to any fitness level.
Hardcore Bootcamp	A major challenge. This is a total body workout with emphasis on core and muscle endurance as well as specific athletic applications for any sport. Be prepared to work hard. Please be on time for proper exercise instruction at the beginning of class. Bring a water bottle and sweat towel.
HIIT	This class consists of bursts of exercise followed by periods of rest. Exercise bursts will include strength moves using upper and lower body, weights, bands, steps, etc. This class allows you to work at a higher intensity for shorter time giving you the ability to increase your strength while allowing for rest periods for recuperation.
Work the Circuit	A great cardiovascular workout and strength training in one. This program combines cardiovascular and strength stations to maximize your workout.
All Levels Yoga	This class offers yoga instruction that challenges all levels of ability. Beginners through seasoned yogis are welcome.
Sunrise Yoga	A yoga class designed to start your morning and week off on the right foot. Class is appropriate for all levels.
Gentle Yoga	A class for true beginners and those requiring a very basic gentle class. Gentle yoga will emphasize breath work, proper body alignment, and begin the process of improving health through the practice of yoga. Focus will also be on linking breath with the movement. Participants should be able to get on/off the floor.
Yoga Core	Yoga core is a movement system that promotes core stability and good posture. Excellent strengthening, lengthening and balancing the musculature of the body, helps to bring about balance to the whole being. Ideal for all levels.
Moderate Yoga Flow	A dynamic class for all levels of practitioners that will focus on linking breath with movement. Students should have a minimum one year active yoga practice
Power Yoga 1	A dynamic style of yoga designed to detoxify, strengthen and open the body and calm your mind. Stay with your breath as you build internal heat. Participants should be in good physical condition with a minimum of 6 months of regular yoga practice.
Foam Roll & Stretch	Do you have tight muscles from your workout? Are you generally sore from your daily life? Foam Rolling can help! You will be guided through the correct techniques and manipulations to “unlock your body” and help create a more flexible you. This class will also incorporate stretching and balance work.
Pilates w/Props	This full body workout is performed on a mat and will include movements in a sitting, standing and lying down positions. Using your own body weight and small props, you will isolate and work your deep core muscles. Variations will be provided, allowing all, to participate in a safe and challenging workout. Those with past injuries are encouraged to participate, but those currently under a doctor’s supervision should not attend.
Chair/Standing Pilates	The classical Pilates movements have been enhanced so they can be performed while sitting in a chair or standing. The class will teach you the building blocks of Pilates posture and how to keep a neutral spin while standing, walking and bending – allowing you to take Pilates alignment, strength and flexibility into your everyday life.
Level II Pilates	Join us for an invigorating and fun experience! Safety and core strength are at the root of this Pilates Method class. Pre-requisite: 6 months of former Pilates or permission from instructor.
Corefusion	A class combining the fundamental movements of both Pilates and yoga. Emphasis on breath work and core strength
Balance In Motion	Press Reset on your body. Through Original Strength, you can remember and regain the strength, mobility, and stability you once had as a child. In other words, you will lay a solid foundation from which you can build a solid structure which can perform and move graciously. Use these tools along with the Yoga Tune up program to reset your body to a more youthful you.

Fitness Center

CLASS DESCRIPTIONS

CLASS	DESCRIPTION
Silver Sneakers Yoga	You 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 seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Class is FREE for SilverSneakers members.
Silver Sneakers 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, and a SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. Class is FREE for SilverSneakers members.
Silver Sneakers Circuit	Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper-body strength work with hand-held weights, elastic tubing with handles, and a SilverSneakers ball is alternated with low-impact aerobics choreography. A chair is used for standing support, stretching and relaxation exercises. Class is FREE for SilverSneakers members.
Silver Sneakers Classic	Have fun and more to the music through a variety of exercised designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is available if need for seated or standing support. Class is FREE for SilverSneakers members.
Kettlebells	This class is a high intensity class incorporating all basic Kettlebell movements as well as learning some advanced moves. This class will help you gain strength while improving cardiovascular health, balance and flexibility. Pre-req: Kettlebells Basics or instructor permission required.
Salsa Fit	Have some salsa with your workout! This class is a Latin dance cardio workout wand will focus on core movement using Meringue, Salsa, Rumba, Samba and Tango inspired steps. Great music, lots of fun-you won't even know its exercise.
Barre	Emphasizing the correct biomechanics of movement combined with the power of music, Barre integrates elements of Pilates, dance, cardio and strength training to increase flexibility, stamina and dynamic stability. Barre is a 50 minute high intensity total body workout that's safe, intense and progressive. Participants need to bring water and the workout can be done either barefoot or in toe grip socks. No sneakers needed.
Functional Strength & Stretch	This program will work on strengthening your major muscle groups with simple athletic movements. This class uses bands, weights, a step, balance training and your own body weight to help you get stronger and to do what you want and need to do every day. This class also incorporates simple stretching to maintain flexibility and to leave you relaxed and calm. Please bring a water bottle and sweat towel.
Core Circuit	Training your core is the best way to build a foundation for functional fitness. In Core Circuit there will be some familiar moves like planks and crunches as well as fun ways to work your core and bring up your heart-rate. Various stations will be set up using the step, weights, bands, medicine balls and stability balls.
TRX	Learn to use this equipment to challenge yourself in new ways! This half hour class will incorporate the entire body, focusing on movement, strength, and balance. Workout can be adjusted to your fitness level, but still requires you to work hard!
TRX Pump	This strength training class uses TRX bands, weight plates, plate loaded barbells, the step and body weight as resistance. Get a great total body workout in this class.
MCC Mini Pump	Come join us during your lunch break for this half hour PUMP class. Maximize your time and your workout by challenging yourself to this total body strength routine utilizing plate loaded barbells, body weight exercises, steps and dumbbells.
Cardio Kickbox	Kickbox gives you an experience to increase focus and release stress, work on coordination and flexibility, improve strength and enhance your endurance. Kickbox is a combination of taekwondo, boxing, mixed martial arts and cardio kickboxing in a dynamic session. Kicks, punches, blocks and more are used in this high-energy session that will make you sweat! You'll be able to work at your own pace, all fitness levels are welcome. Please bring a water bottle.

CLASS	DESCRIPTION
Tai Chi First Year	Achieve balance, serenity and improved health with the gentle movements of this flowing meditative Chinese exercise system. Learn to direct your life force, "Chi" to relax and energize the mind and body, increase flexibility and reduce stress.
Continuing Tai Chi	This class is designed for experienced participants to bring their Tai Chi skills to the next level. Focus your practice on Tai Chi fundamentals, improved energy and body balance and an enhanced body-mind connection using more complex form movements.
Water Fitness	A non-impact workout in the lap pool, using both deep and shallow end of the pool. Participants can expect a total body workout!
Aqua Therapy	A gentle therapeutic water exercise class designed to increase flexibility, strength, endurance and help improve posture in the warm therapy pool! Great for individuals with arthritis, moderate joint pain, back pain or other musculoskeletal issues.
Aqua Power	Looking for a calorie burning, hear thumping workout without all the pounding on your joints? Try this class! A little kickboxing, some water aerobics and a few surprises to provide a complete workout! Both deep & shallow ends of the pool may be used.

Youth Fitness Cardiovascular

Youth ages 10-13 may utilize the cardiovascular equipment (ellipticals, bikes, rower and indoor track) with proper parental supervision. Parent or guardian (18+) must be actively supervising youth at all times. Youth must check in with a fitness attendant upon arriving on the fitness floor. Only Cardiovascular equipment may be used, unless Youth Resistance Training class has been completed. Orientation to cardiovascular equipment is not mandatory but strongly suggested. Please ask for help from our fitness attendants.

Days: Fri., 5-9 p.m., Sat., 3-8 p.m., Sun., 3-8 p.m.
Fee: FREE! – Members Only

Youth Resistance Training Orientation

This Personal Trainer led class allows youth ages 10-13 and their parent or guardian (18+), learn the basics of a safe progressive Resistance Training Program. After completion of this orientation, youth are then allowed to take this pre-designed program to the fitness area during the youth fitness hours. This class is mandatory for use of the fitness center by this age group.

Instructor: Mansfield Community Center Personal Trainers
Day: (470090-A) Fri., April 7
 (470090-B) Sat., May 20
 (470090-C) Sun., June 4
Time: 5-6:30 p.m.
Fee: \$10 per youth/parent pair – members only



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FITNESS SCHEDULE SPRING 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Spin w/Deb 5:45-6:45 a.m. M/W/F 470001-A \$160/\$320 32 classes - no 5/29 Instructor: Deb/Ron	Hardcore Bootcamp 5:35-6:20 a.m. 470012-B \$45/\$90 10 classes, - no 4/25 Instructor: Jerry	Spin w/Ron 5:45-6:45 a.m. M/W/F 470001-A \$160/\$320 32 classes - no 5/29 Instructor: Ron/Deb	Hardcore Bootcamp 5:35-6:20 a.m. 470012-C \$45/\$90 10 classes - no 4/27 Instructor: Jerry	Spin w/Deb 5:45-6:45 a.m. M/W/F 470001-A \$160/\$320 32 classes - no 5/29 Instructor Deb/Ron	Work the Circuit 7-7:45 a.m. 470020-A \$36/\$72 8 classes - no 4/8, 4/15, 5/27 Instructor: Jodi	Sunrise Yoga 8:30-9:30 a.m. 470023-A \$60/\$120 10 classes, no 5/28 Instructor: Perri
Sunrise Yoga 7-7:45 a.m. 470023-A \$45/\$90 10 classes - no 5/29 Instructor: Perri	Spin 6:30-7:30 a.m. T/Th 470001-D \$110/\$220 22 classes Instructor: Ron	All Levels Yoga 7-8 a.m. 470025-B \$66/\$132 11 classes Instructor: Bill	Spin 6:30-7:30 a.m. T/Th 370001-D \$110/\$220 22 classes Instructor: Ron	Functional Strength 9-10 a.m. ☺ 470014-C \$54/\$108 9 classes - no 4/14, 5/26 Instructor: Jodi	Spin 8-9 a.m. 470001-C \$55/\$110 11 classes Instructor: Ron	
Salsa Fit 9-10 a.m. ☺ 470032-B \$54/\$108 9 classes - no 4/24, 5/29 Instructor: Kelly	Balance in Motion 8:30-9:30 a.m. 470010-A \$60/\$120 10 classes - no 4/4 Instructor: Helen	Salsa Fit 9-10 a.m. ☺ 470032-A \$60/\$120 10 classes - no 4/26 Instructor: Kelly	Balance in Motion 10:15-11:15 a.m. 470010-B \$66/\$132 11 classes Instructor: Helen	Water Fitness 9:45-10:45 a.m. ☺ 470037-C \$50/\$100 10 classes - no 4/14 Instructor: Lizzie	Power Yoga 1 9:30-10:45 a.m. ☺ 470026-A \$82.50/\$165 11 classes Instructor: Sharon	Barre 9:45-10:45 a.m. 470007-C \$60/\$120 10 classes, no 5/28 Instructor: Perri
TRX 9-9:30 a.m. ☺ 470076-A \$24/\$48 8 classes - no 4/10, 5/8, 5/29 Instructor: Jess	Silver Sneakers Yoga 10:15-11:00 a.m. ☺ 470022-B \$49.50/\$99 11 classes Instructor: Nanette	Kettlebells 9-9:30 a.m. ☺ 470075-A \$30/\$60 10 classes - no 4/12 Instructor: Jess		Gentle Yoga 10:15-11:15 a.m. ☺ 470046-B \$66/\$132 11 classes Instructor: Sharon		
Functional Strength 10:10-11:10 a.m. ☺ 470014-B \$54/\$108 9 classes - no 4/10, 5/29 Instructor: Jodi	Pilates w/Props 10:30-11:30 a.m. ☺ 470028-B \$66/\$132 11 classes Instructor: Deb G.	Water Fitness 9:45-10:45 a.m. ☺ 470047-B \$41.25/\$82.50 11 classes Instructor: Lizzie	Silver Sneakers Circuit 10:15-11 a.m. ☺ 470008-B \$49.50/\$99 11 classes Instructor: Lizzie	Silver Sneakers Splash 11-11:45 p.m. ☺ 470067-A \$37.50/\$75 10 classes no 4/14 Instructor: Lizzie		
Foam Roll & Stretch 11:15-12:00 p.m. ☺ 470018-A \$33.75/\$67.50 9 classes - no 4/10, 5/29 Instructor: Jodi	Aqua Therapy 10:45-11:30 a.m. T/Th ☺ 470041-A \$82.50/\$165 22 classes Instructor: Dorinda	Chair/Standing Pilates 9:45-10:45 a.m. ☺ 470009-A \$66/\$132 11 classes Instructor: Deb G.	Aqua Therapy ☺ 10:45 a.m.-11:30 a.m. T/Th 470041-A \$82.50/\$165 22 classes Instructor: Dorinda			
Water Fitness 9:45-10:45 a.m. ☺ 470047-A \$45/\$90 9 classes - no 4/17, 5/29 Instructor: Lizzie	Silver Sneakers Yoga 11:05-11:50 a.m. ☺ 470022-C \$49.50/\$99 11 classes Instructor: Nanette	Gentle Yoga 10:30-11:30 a.m. ☺ 470046-A \$66/\$132 11 classes Instructor: Sharon	Silver Sneakers Classic 11:15-12 p.m. ☺ 470015-C \$41.25/\$82.50 11 classes Instructor: Lizzie			
Silver Sneakers Circuit 11-11:45 a.m. ☺	Aqua Therapy ☺ 11:35 a.m.-12:20 p.m. 470041-B \$82.50/\$165	Silver Sneakers Circuit 11-11:45 a.m. ☺	Aqua Therapy ☺ 11:35 a.m.-12:20 p.m. T/Th 470041-B \$82.50/\$165			

470008-A \$40.50/\$80 9 classes - no 4/17, 5/29 Instructor: Lizzie	22 classes Instructor: Dorinda	470008-C \$49.50/\$99 11 classes Instructor: Lizzie	22 classes Instructor: Dorinda			
Silver Sneakers Classic 12-12:45 a.m. ☺ 470015-A \$33.75/\$67.50 9 classes - no 4/17, 5/29 Instructor: Lizzie	Yoga Core 12-1 p.m. ☺ 470021-A \$66/\$132 11 classes Instructor: Sharon	Silver Sneakers Classic 12-12:45 a.m. ☺ 470015-B \$41.25/\$82.50 11 classes Instructor: Lizzie	MCC Mini Pump 12:15-12:45 p.m. ☺ 470017-B \$22.50/\$45 9 classes - no 4/13, 5/25 Instructor: Jodi			
Kettlebells 12:15-12:45 p.m. ☺ 470075-B \$24/\$48 8 classes - no 4/10, 5/8, 5/29 Instructor: Jess	MCC Mini Pump 12:15-12:45 p.m. ☺ 470017-A \$25/\$50 10 classes - no class 4/11 Instructor: Jodi	HIIT 4:15-5 p.m. ☺ 470004-A \$45/\$90 10 classes - no 5/24 Instructor: Perri	Pilates w/Props 4:15-5:15 p.m. 470028-A \$66/\$132 11 classes Instructor: Debb G.			
Level II Pilates 4:15-5:15 p.m. ☺ 470047-A \$48/\$96 8 classes - no 4/17, 4/24, 5/29 Instructor: Margherita	Warrior Training 5:15-6:15 p.m. ☺ 470001-B \$55/\$110 11 classes Instructor: Aaron	Corefusion 5:20-6:20 p.m. ☺ 470055-A \$66/\$132 11 classes Instructor: Dorinda	Core Circuit 5:30-6 p.m. ☺ 470051-A \$27/\$54 9 classes - no 4/13, 5/25 Instructor: Jodi			
TRX Pump 5:30-6:30 p.m. ☺ 470073-A \$60/\$120 10 classes - no 5/29 Instructor: Aaron	All Levels Yoga 6:30-7:30 p.m. ☺ 470025-A \$66/\$132 11 classes Instructor: Bill	Hardcore Bootcamp 6:30-7:30 p.m. ☺ 470012-A \$45/\$90 10 classes - no 4/26 Instructor: Jerry	Functional Strength 6:05-7:05 p.m. ☺ 470014-A \$54/\$108 9 classes - no 4/13, 5/25 Instructor: Jodi			
Moderate Yoga Flow 5:30-6:30 p.m. ☺ 470024-A \$60/\$120 10 classes - no 5/29 Instructor: Sharon			Taste of Tai Chi 6-7:15 p.m. ☺ 470029-A \$82.50/\$165 11 classes Instructor: George			
Cardio Kickbox 6:30-7:15 p.m. ☺ 470077-A \$45/\$90 10 classes - no 5/29 Instructor: Aaron			Continuing Tai Chi 7:30-8:45 p.m. 470030-A \$82.50/\$165 11 classes Instructor: George			
Aqua Power 6:30-7:30 p.m. ☺ 470036-A \$50/\$100 10 classes - no 5/29 Instructor: Margie						
Barre 6:45-7:45 p.m. 470007-A \$40.50/\$81 9 classes - no 4/10, 5/29 Instructor: Diana						

SPRING FITNESS CLASSES

Session:

Monday, April 3rd- Sunday, June 18th

First fee listed is for MCC members, second fee is for non-members

See class descriptions on pages 29-31

For help finding the right class for your needs, see page 28

KEY

- Class is in Gym
- Class is in Community Room
- Class is in Pool
- Childcare available during class

Some class dates may change resulting in fee changes. Please check your receipt for information.