

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY



MMC FITNESS SCHEDULE

MARCH 2024

1	2	3
5:15 Spin - Joy 5:30 NO Yoga30 8:00 NO Ball & Bend 8:45 TotalBody - Carrie 10:00 CardioDance - Jara	8:00 BootCamp - Tori 9:15 NO Yoga	3:00 NO Yin Yoga

4	5	6	7	8	9	10
SPRING BREAK WEEK No Classes	SPRING BREAK WEEK No Classes	SPRING BREAK WEEK No Classes	SPRING BREAK WEEK No Classes	SPRING BREAK WEEK No Classes	8:00 BootCamp - Molly 9:15 NO Yoga	3:00 NO Yin Yoga

11	12	13	14	15	16	17
5:15 Total Body - Heather 5:15 Spin - Joy 7:30 NO Step & Core 8:45 Low Impact Cardio - Jara 10:00 Bootcamp - Tori & Emily 11:00 Tai Chi - Kitty 4:30 Express Circuit - Aryn 5:30 Express Circuit - Aryn	5:15 Spin - Tim 8:45 NO Barre 845 HiYo - Mari 4:30 Express Circuit - Aryn 5:15 Yoga - Sara	5:15 30/30 - Carrie 8:45 Low Impact Cardio - Jara 8:45 BootCamp - Mari 4:30 Mobility 30 - Max	5:15 Spin - Sara 8:45 NO Barre 8:45 HiYo - Mari 4:30 Express Circuit - Aryn 5:15 Yoga - Sara 5:30 Express Circuit - Aryn	5:15 Spin - Joy 5:30 Yoga30 - Sara 8:00 NO Ball & Bend 8:45 TotalBody - Carrie 10:00 CardioDance - Jara	8:00 BootCamp - Heather 9:15 NO Yoga	3:00 Yin Yoga - Sara

18	19	20	21	22	23	24
5:15 Total Body - Heather 5:15 Spin - Joy 7:30 Step & Core - Mary 8:45 Low Impact Cardio - Jara 10:00 Bootcamp - Tori & Emily 11:00 Tai Chi - Kitty 4:30 Express Circuit - Aryn 5:30 Express Circuit - Aryn	5:15 Spin - Tim 8:45 Barre - Mary 845 HiYo - Mari 4:30 Express Circuit - Aryn 5:15 Yoga - Sara	5:15 30/30 - Carrie 8:45 Low Impact Cardio - Jara 8:45 BootCamp - Mari 4:30 Mobility 30 - Max	5:15 Spin - Sara 8:45 Barre - Mary 8:45 HiYo - Mari 4:30 Express Circuit - Aryn 5:15 Yoga - Sara 5:30 NO Express Circuit	5:15 Spin - Joy 5:30 Yoga30 - Sara 8:00 Ball & Bend - Mary 8:45 TotalBody - Carrie 10:00 NO CardioDance	8:00 BootCamp - Aryn 9:15 Yoga - Sara	3:00 Yin Yoga - Sara

25	26	27	28	29	30	31
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MMC FITNESS CLASS DESCRIPTIONS

BALL & BEND

Incorporating Swiss Balls, this class will help you with strength and flexibility. A great low impact option for anyone.

BARRE

Fitness method founded on the technique of dance, the mind body aspect of yoga, and the precision and core integration of Pilates. Barre produces lengthening and chiseling results fast, using small, isolated holds with tiny movements and tremendous mental condition.

BOOTCAMP

A variety of exercises with high and low impact options in a fun and always changing format. This class is 1 hour of hard but fun work.

EXPRESS CIRCUIT

A perfect 30-minute workout for after work! Come make the most of your time with an interval driven class filled with high and low impact options and then be home in time for dinner.

HiYO

This class mixes HIIT strength and cardio with tradition yoga poses and stretches. You will sweat, burn and be glad you came!

LOW IMPACT CARDIO

Get your heart rate up while you save your joints, no running or jumping in this class! Great for all levels and ages!

SPIN

60 minutes of interval training that will help you discover your inner athlete. Come ride to the rhythm of the music. All fitness levels welcome.

SPIN 45

45 minutes of pure cardio on the bike. All levels are welcome.

STEP & CORE

High intensity cardio class that incorporates step combinations as well as weight sculpting. This class includes ab work at the end. All levels and ages are welcome. Basic through advanced options are always demonstrated.

TOTAL BODY

This 1-hour class will work you from head to toe! You will get cardio and strength work with a variety of different class formats that keep your body guessing. Every class is different and fun. Great for all levels!

WATER AEROBICS

Join us for a low-impact full body workout in the pool.

YIN YOGA

Yin is a more passive style of yoga. It targets your deep connective tissues, like your fascia, ligaments, joints and bones. It is slower and more meditative and is done mostly in seated or lying down postures.

YOGA

1 hour that will help lengthen and strengthen your muscles, improve your posture, and help manage stress. Yoga is a perfect complement to any workout for any body! Instructors will provide many options to accommodate all levels.

30/30

30-minute cardio spin class with a 30-minute strength class. This class is designed so that you can take advantage of a full hour workout or just 30 minutes. All levels welcome.