



GROUP FITNESS SCHEDULE

January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:30am-8:30am Vinyasa Yoga Stephen (6th Floor)			7:30am-8:30am Sunrise Yoga Stephen (6th Floor)		Total Body Cardio/Strength COMING SOON	
9:15am-10:00am Full Body Circuit Tajah (5th Floor)		9:15am-10:00am Full Body Circuit Ricardo (5th Floor)	9:15am-9:45am HIIT 10:00am-10:30am Mobility Julie (5th Floor)	9:15am-10:15am Boxing Tajah (5th Floor)	10:15am-11:00am Masala Bhangra® Cloe (6th Floor)	
		9:30am-10:30am Pilates Sophia (6th Floor)	1:00pm-2:00pm Functional Tone & Burn+ SGT\$\$ Ricardo (5th Floor)			12:00pm-1:00pm Slow Flow Yoga Alix (Basketball Court)
	2:00pm-3:00pm Zumba® Gold** Demetra (6th Floor)	2:00pm-3:00pm Senior Pilates** Leorna (6th Floor)	2:00pm-3:00pm Functional Strength Training for Beginners Ricardo (6th Floor)	2:00pm-3:00pm Tai Chi** Jan (6th Floor)	1:00pm-3:00pm Open Basketball CR Level	
6:00pm-7:00pm Vinyasa Yoga Jolene (6th Floor)	6:00pm-7:00pm Zumba® Julie (6th Floor)	6:00pm-6:45pm Barrelates Brad (5th Floor)	6:00pm-7:00pm Spin+ SGT\$\$ Ricardo (5th Floor)		\$\$ - Small Group Training (SGT) are fee based classes. Stop by the MCC Fitness Front Desk for more information.	
6:00pm-7:00pm Functional Tone & Burn Ricardo (5th Floor)			7:00pm-8:00pm Pure Strength Julie (5th Floor)		** - These classes are designed for Older Adults.	

CLASS DESCRIPTIONS - January 2025

<p>BARRELATES- Get stronger with this intense isometric fusion of Barre and Pilates, two of the prime mind/body class disciplines.</p>	<p>MASALA BHANGRA® WORKOUT- A dance-based fitness program for people of all ages and fitness levels. You will be introduced to high-energy Bhangra and Bollywood-style dance movements in an easy-to-follow fitness format.</p>	<p>SUNRISE YOGA- Start your morning right with a refreshing and calming vinyasa yoga class. Breathe mindfully while flowing in and out of poses safely.</p>
<p>BOXING- Learn the 6 basic boxing punches, offensive and defensive strategies, and boxing footwork to tie everything together.</p>	<p>MOBILITY- Improve your daily quality of life with exercises to help your range of motion, balance, stability, movement quality, and more.</p>	<p>TAI CHI- Tai Chi Chuan (translated as "Supreme Ultimate Fist") is a meditative martial art proven to enhance balance, circulation, awareness, and overall strengthen the body, mind, and spirit.</p>
<p>FUNCTIONAL STRENGTH TRAINING FOR BEGINNERS- If you are a beginner, returning after time off or just need an active rest workout, this is the class for you!</p>	<p>PILATES- Focus on strength, flexibility, balance, and movements that stabilize the pelvis and strengthen the body's core.</p>	<p>TOTAL BODY CARDIO/STRENGTH- COMING SOON!</p>
<p>FUNCTIONAL TONE & BURN- Functionally use your body weight, free weights, fitness bands, kettlebells, and more for overall tone and strength gain to help you perform better. Burn and sweat those extra calories with spinning, jump rope, and bodyweight movements. Increase flexibility with stretching to feel and move better!</p>	<p>PURE STRENGTH- This class is designed to build strength and add definition. You will use free weights, body bars, resistance bands, and your own body weight interlaced with effective cardiovascular routines to change the shape of your body.</p>	<p>VINYASA YOGA- Mind and body come together as you move smoothly through yoga poses while maintaining awareness of breath. Achieve better posture, flexibility, balance, and strength to improve your focus.</p>
<p>FUNCTIONAL TONE & BURN+ SGT\$\$- This Small Group Training class uses body weight, free weights, resistance bands, kettlebells, and more for overall tone and strength gain to help improve performance. Burn and sweat those extra calories. \$\$Fee-based. For more information, please stop by the MCC Fitness Front Desk.</p>	<p>SENIOR PILATES- Combines Pilates and functional movement with therapeutic exercise and balance techniques for optimal bone, joint, and heart health. Aids in the prevention of injury and increases quality of life. Come boost your energy and confidence with movement.</p>	<p>ZUMBA®- Zumba® combines high-energy, captivating music with Latin-inspired moves that will leave you asking for more! Zumba® is a "feel good" workout for all levels.</p>
<p>FULL BODY CIRCUIT- Challenge yourself with this full body workout. You will focus on strength, endurance, mobility, and stability using free weights, bands, body weight, and more.</p>	<p>SLOW FLOW YOGA- Move and breathe mindfully while learning to get into and out of poses safely. Great for all students who would like to refine their alignments.</p>	<p>ZUMBA GOLD®- Designed for older, active adults, Zumba® Gold is a low-intensity dance program that uses easy-to-follow choreography. You'll work on coordination, balance, and flexibility.</p>
<p>HIIT- This 30 minute class with bursts of high-energy cardio and strength exercises will help build lean muscle and improve strength and cardiovascular health.</p>	<p>SPIN+\$\$- This energetic Small Group Training class combines the cardiovascular benefits of spinning with the strength and toning of functional training. Add integrated stretching and flexibility programming to the mix, and this makes for a total mind-body results class! \$\$Fee-based. For more information, please stop by the MCC Fitness Front Desk.</p>	