



# GROUP FITNESS SCHEDULE

## March 2025

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

## CLASS DESCRIPTIONS - March 2025

<p><b>BARRELATES-</b> Get stronger with this intense isometric fusion of Barre and Pilates, two of the prime mind/body class disciplines.</p>	<p><b>HIIT-</b> 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><b>SPIN+\$\$-</b> 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! <b>\$\$Fee-based. For more information, please stop by the MCC Fitness front desk.</b></p>
<p><b>BOXING-</b> Learn the 6 basic boxing punches, offensive and defensive strategies, and boxing footwork to tie everything together.</p>	<p><b>MASALA BHANGRA® WORKOUT-</b> 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><b>SUNRISE YOGA-</b> Start your morning right with a refreshing and calming vinyasa yoga class. Breathe mindfully while flowing in and out of poses safely.</p>
<p><b>ENDURANCE &amp; POWER-</b> Build strength, break barriers. Push past your limits with a strength and conditioning class that blends muscle-building and endurance-enhancing exercises for total fitness.</p>	<p><b>MOBILITY-</b> Improve your daily quality of life with exercises to help your range of motion, balance, stability, movement quality, and more.</p>	<p><b>TAI CHI-</b> 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><b>FUNCTIONAL STRENGTH TRAINING FOR BEGINNERS-</b> If you are a beginner, returning after time off or just need an active rest workout, this is the class for you!</p>	<p><b>PILATES-</b> Focus on strength, flexibility, balance, and movements that stabilize the pelvis and strengthen the body's core.</p>	<p><b>VINYASA YOGA-</b> 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><b>FUNCTIONAL TONE &amp; BURN-</b> 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><b>PURE STRENGTH-</b> 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><b>ZUMBA®-</b> 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><b>FUNCTIONAL TONE &amp; BURN+ SGT\$\$-</b> 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. <b>\$\$Fee-based. For more information, please stop by the MCC Fitness front desk.</b></p>	<p><b>SENIOR PILATES-</b> 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><b>ZUMBA GOLD®-</b> 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><b>FULL BODY CIRCUIT-</b> 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><b>SLOW FLOW YOGA-</b> 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>	