



GROUP FITNESS SCHEDULE

JULY 2026

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)		9:15am-10:00am Pure Strength Jolene (5th Floor)	
9:15am-10:00am Full Body Circuit Tajah (5th Floor)	9:15am-10:00am Strength & Sweat Kat (5th Floor)	9:15am-10:00am Full Body Circuit Ricardo (5th Floor)		9:15am-10:00am Boxing Tajah (5th Floor)	10:15am-11:00am Endurance & Power Daniel (5th Floor)	
		9:30am-10:30am Pilates Sophia (6th Floor)	1:00pm-2:00pm Functional Tone & Burn+ SGT\$\$ Ricardo (5th Floor)		10:15am-11:00am Masala Bhangra® Cloe (6th Floor)	12:15pm-1:15pm Slow Flow Yoga Alix (6th Floor)
	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® Alexa (6th Floor)	6:00pm-6:45pm Barrelates Brad (5th Floor)				
6:00pm-7:00pm Functional Tone & Burn Ricardo (5th Floor)						

\$\$ - Small Group Training (SGT) are fee-based classes. Stop by the MCC Fitness front desk for more information.

****** - These classes are designed for older adults.

CLASS DESCRIPTIONS - JULY 2026

<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>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>BOXING- Learn the six basic boxing punches, offensive and defensive strategies, and footwork to tie everything together.</p>	<p>PILATES- Focus on strength, flexibility, balance, and movements that stabilize the pelvis and strengthen the body's core.</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>ENDURANCE & POWER- 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>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>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>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>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 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>FUNCTIONAL TONE & BURN- Functionally use your body weight, free weights, fitness bands, kettlebells, and more for overall tone and strength gain to help your performance. Burn and sweat those extra calories with spinning, jump rope, and bodyweight movements. Increase flexibility with stretching to feel and move better!</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>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>STRENGTH & SWEAT- A strength and HIIT series designed to build total-body strength, improve endurance, and elevate performance. Each class blends intentional strength training with high-energy intervals, gradually increasing intensity to help you move better, feel stronger, and push further every week. This class delivers a fun, challenging, and results-driven experience for all fitness 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>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>	