



LAND Fitness Classes (Ages 18+ & 50+) Summer 2024



After registering for a class, review receipt & welcome email (sent the week before start date)
for SKIP DATES and class info. Aquatic fitness classes can be found in our program guide.

MSCR CENTRAL

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
50+	MSCR Central	Cardio Dance & Toning	Karin V	Monday	6/17	12:30 PM	1:30 PM	\$43	39347
50+	MSCR Central	Pilates	Paul N	Tuesday	6/18	11:00 AM	12:00 PM	\$43	39375
50+	MSCR Central	T'ai Chi Intro - Part 1	Bob C	Tuesday	6/18	12:30 PM	1:30 PM	\$43	39424
50+	MSCR Central	T'ai Chi - Intermediate	Bob C	Tuesday	6/18	1:45 PM	2:45 PM	\$43	39395
50+	MSCR Central	T'ai Chi - Advanced	Bob C	Tuesday	6/18	3:00 PM	4:00 PM	\$43	39389
18+	MSCR Central	Yoga Amped	Grace H	Tuesday	6/18	5:30 PM	6:15 PM	\$55	40036
18+	MSCR Central	WERQ	Fawn C	Tuesday	6/18	6:30 PM	7:15 PM	\$55	40128
18+	MSCR Central	Yoga Flow	Heidi G	Tuesday	6/18	7:15 PM	8:15 PM	\$45	39291
50+	MSCR Central	Functional Fitness	Janelle W	Wednesday	6/19	8:30 AM	9:30 AM	\$43	39357
50+	MSCR Central	Functional Fitness	Janelle W	Wednesday	6/19	9:45 AM	10:45 AM	\$43	39359
50+	MSCR Central	Brain & Body Fitness	Lisa H	Wednesday	6/19	10:30 AM	11:45 AM	\$0	39416
50+	MSCR Central	Functional Fitness	Janelle W	Wednesday	6/19	11:00 AM	12:00 PM	\$43	39368
50+	MSCR Central	Functional Fitness	Janelle W	Wednesday	6/19	12:15 PM	1:15 PM	\$43	39369
18+	MSCR Central	Barre Fusion	Katrina B	Wednesday	6/19	6:00 PM	7:00 PM	\$50	40119
18+	MSCR Central	Yoga Amped	Grace H	Thursday	6/20	7:15 AM	8:00 AM	\$50	40037
50+	MSCR Central	Balance, Strength & Core Stability	Catherine K	Thursday	6/20	10:00 AM	11:00 AM	\$39	39333
50+	MSCR Central	T'ai Chi - Intermediate	Bob C	Thursday	6/20	4:45 PM	5:45 PM	\$39	39393
18+	MSCR Central	Zumba	Jacqueline H	Thursday	6/20	6:00 PM	6:45 PM	\$50	39772
50+	MSCR Central	Chair Yoga	Catherine K	Friday	6/21	10:00 AM	10:45 AM	\$29	39400
50+	MSCR Central	Strength Training for Women	Catherine K	Friday	6/21	11:00 AM	12:00 PM	\$39	39422
50+	MSCR Central	Cardio Dance	Catherine K	Friday	6/21	12:15 PM	1:15 PM	\$39	39336

MSCR EAST

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
50+	MSCR East	Pure Strength	Janelle W	Monday	6/17	8:30 AM	9:15 AM	\$33	39379
50+	MSCR East	Circuit Fitness	Janelle W	Monday	6/17	9:30 AM	10:30 AM	\$43	39346
50+	MSCR East	Gentle Yoga Flow	Lisa H	Monday	6/17	10:30 AM	11:15 AM	\$33	39404
50+	MSCR East	Cardio Dance	Jan H	Monday	6/17	10:45 AM	11:45 AM	\$43	39337
50+	MSCR East	TRX Suspension Training (cancelled)	Deb S	Monday	6/17	12:00 PM	12:45 PM	\$33	39397
50+	MSCR East	TRX Yoga (cancelled)	Lisa H	Monday	6/17	1:15 PM	2:15 PM	\$43	39414
50+	MSCR East	Small Group Training	Johnny W	Monday	6/17	4:00 PM	4:45 PM	\$61	39417
18+	MSCR East	Row Fit	Aarika M	Monday	6/17	4:45 PM	5:45 PM	\$55	39283
18+	MSCR East	Small Group Training	Johnny W	Monday	6/17	5:00 PM	5:45 PM	\$72	39284
18+	MSCR East	WERQ	Keena A	Monday	6/17	6:00 PM	6:45 PM	\$55	39290
50+	MSCR East	TRX Suspension Training	Deb S	Tuesday	6/18	9:00 AM	9:45 AM	\$33	39398
50+	MSCR East	Gentle Exercise	Karin V	Tuesday	6/18	10:00 AM	11:00 AM	\$43	39370
50+	MSCR East	Yoga Flow	Lisa H	Tuesday	6/18	10:30 AM	11:15 AM	\$33	39409
50+	MSCR East	Arms & Abs	Karin V	Tuesday	6/18	11:15 AM	12:00 PM	\$33	39332
50+	MSCR East	Row Fit	Lisa & Mindy	Tuesday	6/18	11:45 AM	12:30 PM	\$33	39382
50+	MSCR East	Pure Strength	Nancy H	Tuesday	6/18	12:15 PM	1:00 PM	\$33	39380
50+	MSCR East	Barre Sculpt	Lisa H	Tuesday	6/18	12:45 PM	1:30 PM	\$29	39335
50+	MSCR East	Chair Exercise	Nancy H	Tuesday	6/18	1:15 PM	2:00 PM	\$33	39344
18+	MSCR East	Cardio Dance	Karin V	Tuesday	6/18	5:30 PM	6:15 PM	\$50	39272
50+	MSCR East	Pilates	Ellen U	Wednesday	6/19	8:30 AM	9:30 AM	\$35	39377
50+	MSCR East	Cardio Dance & Toning	Karin V	Wednesday	6/19	9:30 AM	10:30 AM	\$39	39348
50+	MSCR East	Mindful Balance	Jess S	Wednesday	6/19	10:30 AM	11:30 AM	\$43	39418
50+	MSCR East	Strength Training for Women	Deb S	Wednesday	6/19	11:00 AM	12:00 PM	\$43	39386
18+	MSCR East	Barre Sculpt	Ellen U	Wednesday	6/19	5:15 PM	6:00 PM	\$45	39268
50+	MSCR East	Functional Fitness	Deb S	Thursday	6/20	9:00 AM	10:00 AM	\$39	39352
50+	MSCR East	Functional Fitness	Deb S	Thursday	6/20	10:15 AM	11:15 AM	\$39	39361
50+	MSCR East	Yoga Flow	Galia P	Thursday	6/20	10:30 AM	11:30 AM	\$39	39415
50+	MSCR East	T'ai Chi - Intermediate	Bob C	Thursday	6/20	1:30 PM	2:30 PM	\$39	39394
50+	MSCR East	T'ai Chi Intro - Part 1	Bob C	Thursday	6/20	2:45 PM	3:45 PM	\$39	39426

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
18+	MSCR East	Small Group Training (cancelled)	Lynette H	Thursday	6/20	4:15 PM	5:00 PM	\$72	40123
18+	MSCR East	Pure Strength	Lynette H	Thursday	6/20	5:15 PM	6:00 PM	\$50	39281
18+	MSCR East	Cardio Dance	Lizzy O	Thursday	6/20	6:30 PM	7:15 PM	\$50	39271
18+	MSCR East	Pranayama (cancelled)	Mick M	Thursday	6/20	7:15 PM	8:15 PM	\$45	40039
18+	MSCR East	Arms & Abs	Jamie A	Friday	6/21	8:15 AM	9:00 AM	\$45	39265
50+	MSCR East	Cardio Dance	Jan H	Friday	6/21	10:45 AM	11:45 AM	\$39	39338
50+	MSCR East	Strength Training for Women	Janelle W	Friday	6/21	12:30 PM	1:30 PM	\$39	39387
50+	MSCR East	Functional Fitness	Janelle W	Friday	6/21	1:45 PM	2:45 PM	\$39	39366

MSCR WEST

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
50+	MSCR West	Core & Balance Combo	Marie D	Monday	6/17	9:00 AM	10:00 AM	\$43	39349
50+	MSCR West	Functional Fitness	Karin V	Monday	6/17	9:30 AM	10:30 AM	\$43	39360
50+	MSCR West	Gentle Exercise	Marie D	Monday	6/17	10:15 AM	11:15 AM	\$43	39372
50+	MSCR West	Functional Fitness	Karin V	Monday	6/17	10:45 AM	11:45 AM	\$43	39353
50+	MSCR West	Cardio Dance & Toning	Marie D	Monday	6/17	12:00 PM	1:00 PM	\$43	40083
50+	MSCR West	Pilates	Paul N	Monday	6/17	12:30 PM	1:30 PM	\$43	39374
18+	MSCR West	Pure Strength	Valentina A	Monday	6/17	5:45 PM	6:30 PM	\$55	39279
18+	MSCR West	HIIT	Valentina A	Monday	6/17	6:45 PM	7:30 PM	\$55	39278
50+	MSCR West	Hatha Yoga II	Kurt R	Tuesday	6/18	8:45 AM	10:00 AM	\$39	39407
50+	MSCR West	Hatha Yoga I	Kurt R	Tuesday	6/18	10:15 AM	11:15 AM	\$39	39405
50+	MSCR West	T'ai Chi Elements of the 24 Forms	Ann F	Tuesday	6/18	11:00 AM	12:00 PM	\$39	39391
50+	MSCR West	Gentle Exercise	Lonna T	Tuesday	6/18	11:00 AM	12:00 PM	\$43	39367
50+	MSCR West	Cardio Step	Catherine K	Tuesday	6/18	11:30 AM	12:15 PM	\$33	39339
50+	MSCR West	Functional Fitness	Karin V	Tuesday	6/18	1:00 PM	2:00 PM	\$43	39354
50+	MSCR West	Simple Strength	Janelle W	Tuesday	6/18	1:00 PM	1:50 PM	\$43	39383
50+	MSCR West	Functional Fitness	Janelle W	Tuesday	6/18	2:00 PM	2:50 PM	\$43	39355
50+	MSCR West	Functional Fitness	Janelle W	Tuesday	6/18	3:00 PM	3:50 PM	\$43	39356
18+	MSCR West	Strength Training for Women	Beth P	Tuesday	6/18	4:30 PM	5:15 PM	\$55	40130
18+	MSCR West	Total Body Fitness	Beth P	Tuesday	6/18	5:30 PM	6:15 PM	\$55	39288
50+	MSCR West	Simple Strength	Marie D	Wednesday	6/19	9:00 AM	10:00 AM	\$43	39384

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
50+	MSCR West	Pilates	Linda C	Wednesday	6/19	10:00 AM	11:00 AM	\$43	39378
50+	MSCR West	Chair Exercise	Marie D	Wednesday	6/19	10:15 AM	11:00 AM	\$33	39340
50+	MSCR West	Stretch & Strength	Ellen U	Wednesday	6/19	10:30 AM	11:30 AM	\$35	39427
50+	MSCR West	Balance, Strength & Core Stability	Linda C	Wednesday	6/19	11:30 AM	12:30 PM	\$43	39334
18+	MSCR West	Arms & Abs	Aarika M	Wednesday	6/19	5:30 PM	6:15 PM	\$55	40122
50+	MSCR West	Functional Fitness	Lizzy O	Wednesday	6/19	5:30 PM	6:30 PM	\$43	39358
18+	MSCR West	BollyX Dance	Jacqueline H	Wednesday	6/19	6:00 PM	6:45 PM	\$50	39771
18+	MSCR West	Small Group Training	Aarika M	Wednesday	6/19	6:30 PM	7:15 PM	\$72	39285
50+	MSCR West	Stretch & Strength	Marie D	Thursday	6/20	8:15 AM	9:15 AM	\$39	39388
50+	MSCR West	Hatha Yoga II	Kurt R	Thursday	6/20	8:45 AM	10:00 AM	\$30	39408
50+	MSCR West	Chair Exercise	Marie D	Thursday	6/20	9:30 AM	10:30 AM	\$39	39341
50+	MSCR West	T'ai Chi for Arthritis & Fall Prevention	Ann F	Thursday	6/20	9:30 AM	10:30 AM	\$39	39392
50+	MSCR West	Hatha Yoga I	Kurt R	Thursday	6/20	10:15 AM	11:15 AM	\$30	39406
50+	MSCR West	T'ai Chi Elements of the 24 Forms - Cont	Ann F	Thursday	6/20	11:00 AM	12:00 PM	\$39	39390
50+	MSCR West	Gentle Exercise	Lonna T	Thursday	6/20	11:00 AM	12:00 PM	\$39	40108
50+	MSCR West	Cardio Dance & Toning	Marie D	Thursday	6/20	11:35 AM	12:35 PM	\$39	40084
50+	MSCR West	Gentle Yoga	Nansi C	Thursday	6/20	1:00 PM	2:00 PM	\$35	39402
50+	MSCR West	Simple Strength	Lonna T	Thursday	6/20	1:00 PM	1:50 PM	\$39	39385
50+	MSCR West	Functional Fitness	Julie M	Thursday	6/20	2:00 PM	2:50 PM	\$39	39362
50+	MSCR West	Pilates	Paul N	Thursday	6/20	2:30 PM	3:30 PM	\$39	39376
50+	MSCR West	Functional Fitness	Julie M	Thursday	6/20	3:00 PM	3:50 PM	\$39	39363
18+	MSCR West	Pure Strength	Valentina A	Thursday	6/20	5:45 PM	6:30 PM	\$50	39280
18+	MSCR West	WERQ	Sia F	Thursday	6/20	6:45 PM	7:30 PM	\$50	40040
50+	MSCR West	Gentle Yoga	Kurt R	Friday	6/21	9:00 AM	10:00 AM	\$30	39403
50+	MSCR West	Functional Fitness	Karin V	Friday	6/21	9:30 AM	10:30 AM	\$39	39364
50+	MSCR West	Gentle Exercise	Marie D	Friday	6/21	10:20 AM	11:20 AM	\$39	39371
50+	MSCR West	Functional Fitness	Karin V	Friday	6/21	10:45 AM	11:45 AM	\$39	39365
50+	MSCR West	Chair One Dance Fitness	Jacqueline H	Friday	6/21	12:00 PM	1:00 PM	\$39	39345
18+	MSCR West	Gentle Yoga Flow	Catherine K	Saturday	6/22	10:30 AM	11:30 AM	\$50	39275

WARNER PARK COMMUNITY RECREATION CENTER

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
50+	Warner Park CRC	Fitness Conditioning	Mary B	Monday	6/17	9:00 AM	10:00 AM	\$43	39350
18+	Warner Park CRC	Strength Training for Women	Lisa H	Monday	6/17	12:00 PM	12:45 PM	\$50	39286
18+	Warner Park CRC	Hatha Yoga II	Kurt R	Monday	6/17	5:30 PM	6:45 PM	\$45	39277
18+	Warner Park CRC	Hatha Yoga I	Kurt R	Monday	6/17	7:00 PM	8:00 PM	\$45	39276
18+	Warner Park CRC	Mat Pilates	Ellen U	Tuesday	6/18	8:30 AM	9:15 AM	\$40	39264
50+	Warner Park CRC	Chair Exercise	Marie D	Tuesday	6/18	10:15 AM	11:15 AM	\$43	39342
50+	Warner Park CRC	Core & Balance Combo	Marie D	Tuesday	6/18	11:30 AM	12:30 PM	\$43	40085
18+	Warner Park CRC	Gentle Flow & Meditation	Mick M	Tuesday	6/18	5:30 PM	6:30 PM	\$45	39274
50+	Warner Park CRC	Fitness Conditioning	Mary B	Wednesday	6/19	9:00 AM	10:00 AM	\$43	39351
50+	Warner Park CRC	Stretch & Strength	Nancy H	Wednesday	6/19	9:00 AM	9:45 AM	\$33	40116
50+	Warner Park CRC	Pure Strength	Nancy H	Wednesday	6/19	10:15 AM	11:00 AM	\$33	40110
50+	Warner Park CRC	Mindfulness Movement	Mimi M	Wed & Fri	6/19	10:15 AM	11:45 AM	\$0	39373
18+	Warner Park CRC	T'ai Chi Intermediate	Bob C	Wednesday	6/19	1:00 PM	2:00 PM	\$43	39396
50+	Warner Park CRC	Gentle Yoga Flow	Lisa H	Thursday	6/20	9:15 AM	10:15 AM	\$35	39401
50+	Warner Park CRC	Pure Strength	Lisa H	Thursday	6/20	10:45 AM	11:30 AM	\$26	39381
50+	Warner Park CRC	Chair Exercise	Marie D	Friday	6/21	12:30 PM	1:30 PM	\$39	39343

VIRTUAL CLASSES

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
18+	Virtual	Pure Strength	Lisa H	Monday	6/17	7:00 AM	7:45 AM	\$50	39311
18+	Virtual	Arms & Abs	Jamie A	Monday	6/17	8:15 AM	9:00 AM	\$50	39304
50+	Virtual	Pure Strength	Janelle W	Monday	6/17	8:30 AM	9:15 AM	\$33	39438
50+	Virtual	Chair Exercise	Jamie A	Monday	6/17	9:15 AM	10:15 AM	\$39	39432
50+	Virtual	Yoga Suave en Español	Clare N	Monday	6/17	10:15 AM	11:15 AM	\$43	39446
50+	Virtual	Functional Fitness	Ron D	Monday	6/17	10:30 AM	11:30 AM	\$43	39434
18+	Virtual	WERQ	Keena A	Monday	6/17	6:00 PM	6:45 PM	\$55	39313
18+	Virtual	Yin Yoga	Clare N	Monday	6/17	7:00 PM	8:00 PM	\$55	39314
50+	Virtual	Strength Training for Women	Lisa H	Tuesday	6/18	8:00 AM	8:45 AM	\$33	39441
50+	Virtual	Yoga Flow	Lisa H	Tuesday	6/18	9:00 AM	9:45 AM	\$33	39444
50+	Virtual	Simple Strength	Becky O	Tuesday	6/18	9:00 AM	10:00 AM	\$43	39439
50+	Virtual	Gentle Yoga	Clare N	Tuesday	6/18	10:30 AM	11:30 AM	\$43	39442
50+	Virtual	Chair One Dance Fitness	Jacqueline H	Tuesday	6/18	12:15 PM	1:00 PM	\$39	39433
50+	Virtual	Meditation	Nansi C	Tuesday	6/18	1:00 PM	2:00 PM	\$35	39436
50+	Virtual	T'ai Chi /Chi Kung for Balance	Kevin W	Tuesday	6/18	1:00 PM	2:00 PM	\$43	39428
18+	Virtual	Zumba	Nikki R	Tuesday	6/18	6:00 PM	6:45 PM	\$50	39317
18+	Virtual	Mat Pilates	Ellen U	Tuesday	6/18	6:00 PM	6:45 PM	\$45	39309
18+	Virtual	Barre Sculpt	Lisa H	Wednesday	6/19	7:00 AM	7:45 AM	\$45	39306
18+	Virtual	Total Body Fitness	Jamie A	Wednesday	6/19	11:00 AM	11:45 AM	\$50	39312
50+	Virtual	Pure Strength	Ron D	Wednesday	6/19	3:00 PM	4:00 PM	\$43	39437
50+	Virtual	Simple Strength	Becky O	Thursday	6/20	9:00 AM	10:00 AM	\$39	39440
50+	Virtual	Functional Fitness	Ron D	Thursday	6/20	9:30 AM	10:30 AM	\$39	39435
50+	Virtual	Yoga Flow	Clare N	Thursday	6/20	10:30 AM	11:30 AM	\$39	39445
50+	Virtual	Balancing Act	Kevin W	Thursday	6/20	1:00 PM	1:45 PM	\$29	39429
50+	Virtual	Hatha Yoga I	Kurt R	Thursday	6/20	4:15 PM	5:15 PM	\$30	39443
18+	Virtual	Pure Strength	Jamie A	Thursday	6/20	5:00 PM	5:45 PM	\$45	39310
18+	Virtual	Hatha Yoga II	Kurt R	Thursday	6/20	5:30 PM	6:45 PM	\$40	39308
18+	Virtual	T'ai Chi Flow	Kevin W	Thursday	6/20	6:00 PM	7:00 PM	\$50	39773
18+	Virtual	Arms & Abs	Jamie A	Friday	6/21	8:15 AM	9:00 AM	\$45	39305
18+	Virtual	Yin Yoga	Clare N	Saturday	6/22	10:15 AM	11:15 AM	\$50	39315
18+	Virtual	Gentle Yoga	Galia P	Sunday	6/23	5:00 PM	6:00 PM	\$50	39307

OUTDOOR CLASSES

Age	Location	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res Fee	Course
18+	Acewood Park	Pure Strength	Jamie A	Friday	6/21	9:30 AM	10:15 AM	\$45	39302
18+	Demetral Park	Bicycling - Back in the Saddle	Ann S	Thursday	6/20	5:30 PM	7:30 PM	\$20	39293
18+	Garner Park	Kickbox Cardio	Joanne H	Tuesday	6/18	4:45 PM	5:30 PM	\$55	39298
18+	Garner Park	Pure Strength	Joanne H	Tuesday	6/18	5:40 PM	6:25 PM	\$55	39301
18+	Garner Park	Kickbox Cardio	Elizabeth P	Thursday	6/20	4:45 PM	5:30 PM	\$50	39296
18+	Garner Park	PiYo	Elizabeth P	Thursday	6/20	5:40 PM	6:25 PM	\$50	39300
50+	Garner Park	T'ai Chi Yang Style	John A	Monday	7/1	9:30 AM	10:30 AM	\$35	41107
50+	Garner Park	T'ai Chi Yang Style	John A	Tuesday	7/2	9:30 AM	10:30 AM	\$35	41108
50+	Garner Park	T'ai Chi Yang Style	John A	Wednesday	7/10	9:30 AM	10:30 AM	\$30	41109
50+	Garner Park	T'ai Chi QiGong	Bob C	Friday	6/21	10:30 AM	11:30 AM	\$39	39430
50+	Hoyt Park	T'ai Chi Intermediate	Bob C	Friday	6/21	1:00 PM	2:00 PM	\$35	39399
50+	MSCR Central (outside)	T'ai Chi Pole	Bob C	Wednesday	6/19	3:00 PM	4:00 PM	\$43	39425
18+	Olbrich Park	Gentle Yoga Flow	Ellen U	Monday	6/17	5:00 PM	6:00 PM	\$45	39297
50+	Olbrich Park	Bicycling - Back in the Saddle	Ann S	Tuesday	6/18	12:30 PM	2:30 PM	\$22	39410
50+	Olbrich Park	Let's Ride - Bicycling	Ann S	Tuesday	7/23	12:30 PM	2:30 PM	\$17	39411
50+	Olbrich Park	Bicycling - Let's Ride - Outdoor	Ann S	Wednesday	6/19	9:30 AM	11:30 AM	\$43	39412
50+	Olbrich Park	Bicycling - Let's Ride - Intermediate	Ann S	Wednesday	6/19	12:30 PM	2:30 PM	\$43	39413
18+	Olbrich Park	Bicycling - Happy Trails	Ann S	Thursday	6/20	10:00 AM	12:00 PM	\$45	40042
18+	Olbrich Park	Let's Ride - Bicycling	Ann S	Thursday	7/25	5:30 PM	7:30 PM	\$20	40041
50+	Rennebohm Park	Stretch & Strength	Marie D	Tuesday	6/18	8:30 AM	9:30 AM	\$43	39423
18+	Tenney Park	LGBTQIA+ Yoga	Mick M	Wednesday	6/19	5:30 PM	6:30 PM	\$45	39299
50+	Various	WalkAbouts	Paula I	Tuesday	6/25	9:15 AM	10:15 AM	\$35	39431
50+	Various	Nordic Pole Walking	Paula I	Wednesday	6/26	8:30 AM	9:30 AM	\$26	39419
50+	Warner Park	Parkour for Seniors	Shelby/Susan	Tuesday	6/18	9:30 AM	11:00 AM	\$75	39421