



Fall 2024

Adult Fitness Class Schedule & Instructor List

(Aquatics Fitness located in program guide)



MSCR Central

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
50+	Cardio Dance & Toning	Karin V.	M	9/9	12:30 PM	1:30 PM	\$60	41035
18+	Mindfulness Movement & Joint Health	Mimi M.	M	9/9	6:00 PM	7:00 PM	\$70	41123
50+	Pilates	Paul N.	Tu	9/10	11:00 AM	12:00 PM	\$60	41026
50+	T'ai Chi Intro Part 2	Bob C.	Tu	9/10	12:30 PM	1:30 PM	\$60	41092
50+	T'ai Chi Intermediate	Bob C.	Tu	9/10	1:45 PM	2:45 PM	\$60	41095
50+	T'ai Chi Advanced	Bob C.	Tu	9/10	3:00 PM	4:00 PM	\$60	41093
18+	Yoga Amped	Grace H.	Tu	9/10	5:30 PM	6:15 PM	\$70	40166
18+	WERQ	Fawn C.	Tu	9/10	6:30 PM	7:15 PM	\$70	40219
50+	Functional Fitness	Janelle W.	W	9/11	8:30 AM	9:30 AM	\$60	40996
50+	Functional Fitness	Janelle W.	W	9/11	9:45 AM	10:45 AM	\$60	40997
50+	Functional Fitness	Janelle W.	W	9/11	11:00 AM	12:00 PM	\$60	40998
50+	Functional Fitness	Janelle W.	W	9/11	12:15 PM	1:15 PM	\$60	40999
18+	Barre Fusion	Katrina B.	W	9/11	6:00 PM	7:00 PM	\$65	41120
18+	Mindfulness Movement & Gut Health	Mimi M.	W	9/11	6:00 PM	7:00 PM	\$65	41124
18+	Yoga Amped	Grace H.	Th	9/12	7:15 AM	8:00 AM	\$65	40167
50+	Balance, Strength & Core Stability	Catherine K.	Th	9/12	10:00 AM	11:00 AM	\$56	40980
50+	Brain & Body Fitness	Lisa H.	Th	9/12	10:30 AM	11:45 AM	\$0	40711
50+	Cardio Dance	Catherine K.	Th	9/12	11:15 AM	12:15 PM	\$56	40983
50+	T'ai Chi Intermediate	Bob C.	Th	9/12	4:45 PM	5:45 PM	\$56	41094
18+	Zumba	Jacqueline H.	Th	9/12	6:00 PM	6:45 PM	\$60	40221
50+	Chair Yoga	Catherine K.	F	9/13	10:00 AM	10:45 AM	\$42	40218
50+	Strength Training for Women	Catherine K.	F	9/13	11:00 AM	12:00 PM	\$56	40982
50+	Cardio Dance	Catherine K.	F	9/13	12:15 PM	1:15 PM	\$56	40981
50+	T'ai Chi Intermediate	Bob C.	F	11/8	1:00 PM	2:00 PM	\$26	41096

MSCR East

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
50+	Pure Strength	Janelle W.	M	9/9	8:30 AM	9:15 AM	\$46	41001
50+	Circuit Fitness	Janelle W.	M	9/9	9:30 AM	10:30 AM	\$60	40995
50+	Gentle Yoga Flow	Lisa H.	M	9/16	10:30 AM	11:15 AM	\$42	40230
50+	Cardio Dance	Jan H.	M	9/9	10:45 AM	11:45 AM	\$60	40993
18+	Row Fit	Aarika M.	M	9/9	4:00 PM	4:45 PM	\$70	40189
50+	Small Group Training	Johnny W.	M	9/9	4:00 PM	4:45 PM	\$77	41048
18+	Row Fit	Aarika M.	M	9/9	5:00 PM	5:45 PM	\$70	40190
18+	Small Group Training	Johnny W.	M	9/9	5:00 PM	5:45 PM	\$91	40201
18+	WERQ	Keena A.	M	9/9	6:00 PM	6:45 PM	\$70	40199
50+	TRX Suspension Training	Deb S.	Tu	9/10	9:00 AM	9:45 AM	\$46	40989
50+	Gentle Exercise	Karin V.	Tu	9/10	10:00 AM	11:00 AM	\$60	41038
50+	Yoga Flow	Lisa H.	Tu	9/17	10:30 AM	11:15 AM	\$42	40232
50+	Arms & Abs	Karin V.	Tu	9/10	11:15 AM	12:00 PM	\$46	41037
50+	Row Fit	Lisa H.	Tu	9/10	11:45 AM	12:30 PM	\$46	41019
50+	Pure Strength	TBD	Tu	9/10	12:15 PM	1:00 PM	\$46	40759
50+	Barre Sculpt	Lisa H.	Tu	9/10	12:45 PM	1:30 PM	\$46	41007
50+	Chair Exercise	TBD	Tu	9/10	1:15 PM	2:00 PM	\$46	40716
50+	Gentle Yoga Flow	Laura M.	Tu	9/10	3:00 PM	4:00 PM	\$60	40215
18+	Cardio Dance & Toning	Karin V.	Tu	9/10	5:30 PM	6:15 PM	\$70	40953
50+	Pilates	Ellen U.	W	9/25	8:30 AM	9:30 AM	\$52	40990
50+	Cardio Dance & Toning	Karin V.	W	9/11	9:30 AM	10:30 AM	\$60	41036
50+	Mindful Balance	Jess S.	W	9/11	10:30 AM	11:30 AM	\$60	41004
50+	Strength Training for Women	Deb S.	W	9/11	11:00 AM	12:00 PM	\$60	40987
50+	T'ai Chi Pole	Bob C.	W	9/11	3:00 PM	4:00 PM	\$60	41099
18+	Barre Sculpt	Ellen U.	W	9/25	5:15 PM	6:00 PM	\$55	40162
18+	LGBTQIA+ Yoga	Mick M.	W	11/13	5:30 PM	6:30 PM	\$20	40958
18+	Total Body Fitness	Angelique M.	W	9/11	6:30 PM	7:30 PM	\$65	41222
50+	Functional Fitness	Deb S.	Th	9/12	9:00 AM	10:00 AM	\$56	40985
50+	Functional Fitness	Deb S.	Th	9/12	10:15 AM	11:15 AM	\$56	40986
50+	Yoga Flow	Galia P.	Th	9/12	10:30 AM	11:30 AM	\$56	41118
50+	TRX Suspension Training	Deb S.	Th	9/12	12:00 PM	12:45 PM	\$42	40988
50+	Body Groove	Gaylene B.	Th	9/12	12:00 PM	1:00 PM	\$56	41225
50+	T'ai Chi Intermediate	Bob C.	Th	9/12	1:30 PM	2:30 PM	\$56	41097
50+	T'ai Chi Intro Part 2	Bob C.	Th	9/12	2:45 PM	3:45 PM	\$56	41098
18+	Small Group Training	Lynelle H.	Th	9/12	4:15 PM	5:00 PM	\$78	40202
18+	Pure Strength	Lynelle H.	Th	9/12	5:15 PM	6:00 PM	\$60	40203
18+	Cardio Dance	Lizzy O.	Th	9/12	6:30 PM	7:15 PM	\$60	40222
18+	Pranayama Yoga	Mick M.	Th	9/12	7:15 PM	8:15 PM	\$55	40959

MSCR East, cont.

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
18+	Arms & Abs	Jamie A.	F	9/13	8:15 AM	9:00 AM	\$60	40205
50+	Ballroom Basics for Better Balance	Debra K.	F	9/13	9:00 AM	10:00 AM	\$56	41111
18+	Total Body Fitness	Jamie A.	F	11/1	9:15 AM	10:00 AM	\$25	40206
50+	Cardio Dance	Jan H.	F	9/13	10:45 AM	11:45 AM	\$56	40994
50+	Strength Training for Women	Janelle W.	F	9/13	12:30 PM	1:30 PM	\$56	41003
50+	Functional Fitness	Janelle W.	F	9/13	1:45 PM	2:45 PM	\$56	41000
18+	Yoga Flow	Mick M.	Sa	9/14	8:30 AM	9:30 AM	\$55	40960

MSCR West

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
50+	Core & Balance Combo	Marie D.	M	9/9	9:00 AM	10:00 AM	\$60	41069
50+	Functional Fitness	Karin V.	M	9/9	9:30 AM	10:30 AM	\$60	41030
50+	T'ai Chi Yang Style	John A.	M	11/4	9:30 AM	10:30 AM	\$26	41117
50+	Gentle Exercise	Marie D.	M	9/9	10:15 AM	11:15 AM	\$60	41074
50+	Functional Fitness	Karin V.	M	9/9	10:45 AM	11:45 AM	\$60	41031
50+	Cardio Dance & Toning	Marie D.	M	9/9	11:45 AM	12:45 PM	\$60	41067
50+	Balance, Strength & Core Stability	TBD	M	9/9	12:00 PM	1:00 PM	\$60	41102
50+	Pilates	Paul N.	M	9/9	12:30 PM	1:30 PM	\$60	41025
18+	TRX Suspension Training	Moira H.	M	9/16	4:10 PM	4:55 PM	\$65	41121
18+	TRX Express	Moira H.	M	9/16	5:00 PM	5:30 PM	\$33	41050
18+	Pure Strength	Valentina A.	M	9/9	5:45 PM	6:30 PM	\$70	40182
18+	Gentle Yoga	Erika F.	M	9/9	5:45 PM	6:45 PM	\$70	41119
18+	HIIT	Valentina A.	M	9/9	6:45 PM	7:30 PM	\$70	40180
50+	Stretch & Strength	Marie D.	Tu	11/5	8:30 AM	9:30 AM	\$26	41079
50+	Yoga - Hatha Yoga II	Kurt R.	Tu	9/10	8:45 AM	10:00 AM	\$56	40224
50+	T'ai Chi Yang Style	John A.	Tu	11/5	9:30 AM	10:30 AM	\$26	41116
50+	Hatha Yoga I	Kurt R.	Tu	9/10	10:15 AM	11:15 AM	\$56	40225
50+	Gentle Exercise	Lonna T.	Tu	9/10	11:00 AM	12:00 PM	\$60	41021
50+	T'ai Chi Elements	Ann F.	Tu	9/10	11:00 AM	12:00 PM	\$60	40772
50+	Cardio Step	Catherine K.	Tu	9/10	11:30 AM	12:15 PM	\$46	40984
50+	Simple Strength	Tracy W.	Tu	9/10	1:00 PM	1:50 PM	\$52	41082
50+	Functional Fitness	Karin V.	Tu	9/10	1:00 PM	2:00 PM	\$60	41032
50+	Functional Fitness	Tracy W.	Tu	9/10	2:00 PM	2:50 PM	\$52	41084
50+	Functional Fitness	Tracy W.	Tu	9/10	3:00 PM	3:50 PM	\$52	41086
18+	Strength Training for Women	Beth P.	Tu	9/10	4:30 PM	5:15 PM	\$70	40187
18+	Barre Sculpt	Heather R.	Tu	9/17	5:00 PM	5:45 PM	\$65	41049
18+	Total Body Fitness	Beth P.	Tu	9/10	5:30 PM	6:15 PM	\$70	40188
18+	Yoga Flow	Heidi G.	Tu	9/10	7:15 PM	8:15 PM	\$70	40951
50+	Simple Strength	Marie D.	W	9/11	9:00 AM	10:00 AM	\$60	41070
50+	T'ai Chi Yang Style	John A.	W	11/6	9:30 AM	10:30 AM	\$26	41115
50+	Pilates	TBD	W	9/11	10:00 AM	11:00 AM	\$60	41047

MSCR West, cont.

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
50+	Chair Exercise	Marie D.	W	9/11	10:15 AM	11:00 AM	\$46	41075
50+	Stretch & Strength	Ellen U.	W	9/25	10:30 AM	11:30 AM	\$52	40991
50+	Balance, Strength & Core Stability	TBD	W	9/11	11:30 AM	12:30 PM	\$60	41046
18+	TRX Express	Aarika M.	W	9/11	4:55 PM	5:25 PM	\$33	40942
18+	Boot Camp	Aarika M.	W	9/11	5:30 PM	6:15 PM	\$65	40191
50+	GR - Functional Fitness	Lizzy O.	W	9/11	5:30 PM	6:30 PM	\$56	41020
18+	BollyX Dance	Jacqueline H.	W	9/11	6:00 PM	6:45 PM	\$60	40220
18+	Small Group Training	Aarika M.	W	9/11	6:30 PM	7:15 PM	\$85	40192
50+	Stretch & Strength	Marie D.	Th	9/12	8:15 AM	9:15 AM	\$56	41078
50+	Hatha Yoga II	Kurt R.	Th	9/12	8:45 AM	10:00 AM	\$52	40226
50+	Chair Exercise	Marie D.	Th	9/12	9:30 AM	10:30 AM	\$56	41076
50+	T'ai Chi for Arthritis & Fall Prevention	Ann F.	Th	9/12	9:30 AM	10:30 AM	\$56	40778
50+	Hatha Yoga I	Kurt R.	Th	9/12	10:15 AM	11:15 AM	\$52	40227
50+	Gentle Exercise	Lonna T.	Th	9/12	11:00 AM	12:00 PM	\$56	41022
50+	T'ai Chi Elements Continuing	Ann F.	Th	9/12	11:00 AM	12:00 PM	\$56	40773
50+	Cardio Dance & Toning	Marie D.	Th	9/12	11:35 AM	12:35 PM	\$56	41068
50+	Simple Strength	Tracy W.	Th	9/12	1:00 PM	1:50 PM	\$52	41083
50+	Gentle Yoga	Nansi C.	Th	9/12	1:00 PM	2:00 PM	\$56	40217
50+	TRX Suspension Training	Julie M.	Th	9/12	1:45 PM	2:35 PM	\$56	40783
50+	Functional Fitness	Tracy W.	Th	9/12	2:00 PM	2:50 PM	\$52	41085
50+	Pilates	Paul N.	Th	9/12	2:30 PM	3:30 PM	\$56	41027
50+	Functional Fitness	Tracy W.	Th	9/12	3:00 PM	3:50 PM	\$52	41087
18+	Kickbox Cardio	Elizabeth P.	Th	11/7	4:45 PM	5:30 PM	\$25	40159
18+	Barre Sculpt	Alaina G.	Th	9/12	5:00 PM	6:00 PM	\$60	40193
18+	PiYo	Elizabeth P.	Th	11/7	5:40 PM	6:25 PM	\$25	40161
18+	Pure Strength	Valentina A.	Th	9/12	5:45 PM	6:30 PM	\$50	40183
18+	HIIT	Valentina A.	Th	9/12	6:45 PM	7:30 PM	\$50	40181
18+	WERQ	Sia X.	Th	10/3	6:45 PM	7:30 PM	\$45	40204
50+	Gentle Yoga	Kurt R.	F	9/13	9:00 AM	10:00 AM	\$56	40223
50+	Functional Fitness	Karin V.	F	9/13	9:30 AM	10:30 AM	\$56	41033
50+	Gentle Exercise	Marie D.	F	9/13	10:20 AM	11:20 AM	\$56	41073
50+	Functional Fitness	Karin V.	F	9/13	10:45 AM	11:45 AM	\$56	41034
50+	Chair One Dance Fitness	Jacqueline H.	F	9/13	12:00 PM	1:00 PM	\$56	40992
18+	Barre Sculpt	Heather R.	Sa	9/14	9:00 AM	9:45 AM	\$45	41122
18+	Cardio Dance & Toning	Karin V.	Sa	9/14	9:00 AM	10:00 AM	\$50	40954
18+	Pure Strength	Valentina A.	Sa	9/14	9:00 AM	9:45 AM	\$60	40184
18+	Yoga Amped	Grace H.	Sa	9/14	9:00 AM	9:45 AM	\$65	40186
18+	HIIT	Grace H.	Sa	9/14	10:00 AM	10:45 AM	\$65	40185
18+	Gentle Yoga Flow	Catherine K.	Sa	9/14	10:30 AM	11:30 AM	\$65	40194

Warner Park CRC

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
50+	Fitness Conditioning	Mary B.	M	9/9	9:00 AM	10:00 AM	\$60	41023
18+	Strength Training for Women	Lisa H.	M	9/16	12:00 PM	12:45 PM	\$65	40176
18+	Hatha Yoga II	Kurt R.	M	9/9	5:30 PM	6:45 PM	\$70	40172
18+	Hatha Yoga I	Kurt R.	M	9/9	7:00 PM	8:00 PM	\$70	40171
18+	Mat Pilates	Ellen U.	Tu	9/24	8:30 AM	9:15 AM	\$60	40163
50+	Parkour for Seniors	Shelby C.	Tu	10/29	9:30 AM	11:00 AM	\$53	41029
50+	Chair Exercise	Marie D.	Tu	9/10	10:15 AM	11:15 AM	\$60	41064
50+	Core & Balance Combo	Marie D.	Tu	9/10	11:30 AM	12:30 PM	\$60	41066
18+	Gentle Flow & Meditation	Mick M.	Tu	9/10	5:30 PM	6:30 PM	\$60	40956
50+	Stretch & Strength	TBD	W	9/11	9:00 AM	9:45 AM	\$46	40768
50+	Fitness Conditioning	Mary B.	W	9/11	9:00 AM	10:00 AM	\$60	41024
50+	Pure Strength	TBD	W	9/11	10:15 AM	11:00 AM	\$46	40761
50+	Mindfulness Movement & Joint Health	Mimi M.	W	9/11	10:30 AM	11:30 AM	\$46	40752
50+	T'ai Chi Intermediate	Bob C.	W	9/11	1:00 PM	2:00 PM	\$60	41091
18+	Cardio Dance & Toning	Karin V.	W	9/11	5:00 PM	6:00 PM	\$65	40952
50+	Gentle Yoga Flow	Lisa H.	Th	9/12	9:15 AM	10:00 AM	\$42	40233
50+	Pure Strength	Lisa H.	Th	9/12	10:30 AM	11:15 AM	\$42	41018
50+	Mindfulness Movement & Gut Health	Mimi M.	F	9/13	10:30 AM	11:30 AM	\$42	41110
50+	Chair Exercise	Marie D.	F	9/13	12:30 PM	1:30 PM	\$56	41065

OUTDOOR CLASSES

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
50+	T'ai Chi Yang Style	John A.	M	9/9	9:30 AM	10:30 AM	\$35	41112
18+	Gentle Yoga Flow	Ellen U.	M	9/23	5:00 PM	6:00 PM	\$30	40165
50+	Stretch & Strength	Marie D.	Tu	9/10	8:30 AM	9:30 AM	\$35	41063
50+	Walk Abouts	TBD	Tu	9/10	9:15 AM	10:15 AM	\$26	40803
50+	T'ai Chi Yang Style	John A.	Tu	9/10	9:30 AM	10:30 AM	\$35	41113
50+	Parkour for Seniors	Shelby C.	Tu	9/10	9:30 AM	11:00 AM	\$53	41028
18+	Kickbox Cardio	Joanne H.	Tu	9/10	4:45 PM	5:30 PM	\$40	40168
18+	Kickbox Strength	Joanne H.	Tu	11/5	5:15 PM	6:00 PM	\$20	40169
18+	Pure Strength	Joanne H.	Tu	9/10	5:40 PM	6:25 PM	\$40	40170
50+	T'ai Chi Yang Style	John A.	W	9/11	9:30 AM	10:30 AM	\$35	41114
18+	LGBTQIA+ Yoga	Mick M.	W	9/11	5:30 PM	6:30 PM	\$35	40957
18+	Kickbox Cardio	Elizabeth P.	Th	9/12	4:45 PM	5:30 PM	\$35	40158
18+	PiYo	Elizabeth P.	Th	9/12	5:45 PM	6:30 PM	\$35	40160
18+	Pure Strength	Jamie A.	F	9/13	9:30 AM	10:15 AM	\$35	40207
50+	T'ai Chi QiGong	Bob C.	F	9/13	10:30 AM	11:30 AM	\$35	41090
50+	T'ai Chi Intermediate	Bob C.	F	9/13	1:00 PM	2:00 PM	\$35	41089

VIRTUAL CLASSES

Age	Class Name	Instructor	Day	Start Date	Start Time	End Time	Res. Fee	Course
18+	Fit for the Holidays	Varies	M-F	12/16	7:00 AM	8:00 PM	\$30	41052
18+	Pure Strength	Lisa H.	M	9/16	7:00 AM	7:45 AM	\$65	40175
18+	Arms & Abs	Jamie A.	M	9/9	8:15 AM	9:00 AM	\$65	40210
50+	Pure Strength	Janelle W.	M	9/9	8:30 AM	9:15 AM	\$46	41088
50+	Chair Exercise	Jamie A.	M	9/9	9:15 AM	10:15 AM	\$56	40972
50+	Yoga Suave en Español	Clare N.	M	9/9	10:15 AM	11:15 AM	\$0	40214
50+	Functional Fitness	Ron D.	M	9/9	10:30 AM	11:30 AM	\$60	40973
18+	WERQ	Keena A.	M	9/9	6:00 PM	6:45 PM	\$55	40200
50+	Strength Training for Women	Lisa H.	Tu	9/10	8:00 AM	8:45 AM	\$46	40977
50+	Yoga Flow	Lisa H.	Tu	9/17	9:00 AM	9:45 AM	\$42	40229
50+	Simple Strength	Becky O.	Tu	9/10	9:00 AM	10:00 AM	\$60	40970
50+	Gentle Yoga	Clare N.	Tu	9/10	10:30 AM	11:30 AM	\$56	40212
50+	Chair One Dance Fitness	Jacqueline H.	Tu	9/10	12:15 PM	1:00 PM	\$56	40978
50+	T'ai Chi /Chi Kung for Balance	Kevin W.	Tu	9/10	1:00 PM	2:00 PM	\$60	41129
50+	Meditation	Nansi C.	Tu	9/10	1:00 PM	2:00 PM	\$48	40216
18+	Zumba	Nicole R.	Tu	9/10	6:00 PM	6:45 PM	\$65	41051
18+	Mat Pilates	Ellen U.	Tu	9/24	6:00 PM	6:45 PM	\$60	40164
18+	Yin Yoga	Clare N.	Tu	9/10	7:00 PM	8:00 PM	\$65	40196
18+	Barre Sculpt	Lisa H.	W	9/18	7:00 AM	7:45 AM	\$60	40174
50+	Core without the Floor	Ron D.	W	9/11	9:00 AM	9:30 AM	\$30	41141
18+	Total Body Fitness	Jamie A.	W	9/11	11:00 AM	11:45 AM	\$65	40209
50+	Pure Strength	Ron D.	W	9/11	3:00 PM	4:00 PM	\$60	40975
50+	Functional Fitness	Ron D.	Th	9/12	8:30 AM	9:30 AM	\$56	40974
50+	Simple Strength	Becky O.	Th	9/12	9:00 AM	10:00 AM	\$56	40971
50+	Yoga Flow	Clare N.	Th	9/12	10:30 AM	11:30 AM	\$52	40213
50+	Balancing Act	Kevin W.	Th	9/12	1:00 PM	1:45 PM	\$42	41128
50+	Hatha Yoga I	Kurt R.	Th	9/12	4:15 PM	5:15 PM	\$56	40228
18+	Pure Strength	Jamie A.	Th	9/12	5:00 PM	5:45 PM	\$55	40208
18+	Hatha Yoga II	Kurt R.	Th	9/12	5:30 PM	6:45 PM	\$60	40173
18+	T'ai Chi Flow	Kevin W.	Th	9/12	6:00 PM	7:00 PM	\$50	40955
18+	Arms & Abs	Jamie A.	F	9/13	8:15 AM	9:00 AM	\$60	40211
18+	Yin Yoga	Clare N.	Sa	9/14	10:15 AM	11:15 AM	\$65	40195
18+	Gentle Yoga	Galia P.	Su	9/15	5:00 PM	6:00 PM	\$56	40197



After registering for a class, please review the receipt. A welcome email will be sent the week prior to the start date of the class with full details including skip dates and what to bring to your class. Aquatic fitness classes can be found in the program guide.