



# WINTER & SPRING 2025

## 50+ Fitness Class Schedule & Instructor List

(Aquatics Fitness Located in Program Guide)



### MSCR CENTRAL

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
<b>WINTER</b>	Cardio Dance & Toning	Karin V.	M	1/6	3/17	12:30 PM	1:30 PM	\$43	42341
	T'ai Chi Intro - Part 2	Bob C.	Tu	1/7	3/18	12:30 PM	1:30 PM	\$48	41948
	T'ai Chi Intermediate	Bob C.	Tu	1/7	3/18	1:45 PM	2:45 PM	\$48	41936
	T'ai Chi Advanced	Bob C.	Tu	1/7	3/18	3:00 PM	4:00 PM	\$48	41928
	Functional Fitness	Janelle W.	W	1/8	3/19	8:30 AM	9:20 AM	\$48	41848
	Functional Fitness	Janelle W.	W	1/8	3/19	9:30 AM	10:20 AM	\$48	41850
	Functional Fitness	Janelle W.	W	1/8	3/19	10:30 AM	11:20 AM	\$48	41852
	Functional Fitness	Janelle W.	W	1/8	3/19	11:30 AM	12:20 PM	\$48	41854
	Functional Fitness	Janelle W.	W	1/8	3/19	12:30 PM	1:20 PM	\$48	41855
	Barre Sculpt	Kartrina B.	W	1/8	3/19	2:00 PM	3:00 PM	\$43	42473
	Balance, Strength & Core Stability	Kartrina B.	W	1/8	3/19	3:15 PM	4:15 PM	\$43	42472
	Balance, Strength & Core Stability	Catherine K.	Th	1/9	3/20	10:00 AM	11:00 AM	\$48	41800
	Cardio Dance	Catherine K.	Th	1/9	3/20	11:15 AM	12:15 PM	\$48	41808
	Chair Yoga	Catherine K.	F	1/10	3/21	9:30 AM	10:15 AM	\$48	41956
	Strength Training for Women	Catherine K.	F	1/10	3/21	11:00 AM	12:00 PM	\$48	41915
Cardio Dance	Catherine K.	F	1/10	3/21	12:15 PM	1:15 PM	\$48	42291	
T'ai Chi Intermediate	Bob C.	F	1/10	4/18	1:00 PM	2:00 PM	\$60	41944	
<b>SPRING</b>	Cardio Dance & Toning	Karin V.	M	3/31	6/2	12:30 PM	1:30 PM	\$39	41827
	T'ai Chi Intro - Part 2	Bob C.	Tu	4/1	6/3	12:30 PM	1:30 PM	\$43	41943
	T'ai Chi Intermediate	Bob C.	Tu	4/1	6/3	1:45 PM	2:45 PM	\$43	41937
	T'ai Chi Advanced	Bob C.	Tu	4/1	6/3	3:00 PM	4:00 PM	\$43	41929
	Functional Fitness	Janelle W.	W	4/2	6/4	8:30 AM	9:20 AM	\$43	41849
	Functional Fitness	Janelle W.	W	4/2	6/4	9:30 AM	10:20 AM	\$43	41851
	Functional Fitness	Janelle W.	W	4/2	6/4	10:30 AM	11:20 AM	\$43	41853
	Functional Fitness	Janelle W.	W	4/2	6/4	11:30 AM	12:20 PM	\$43	42336
	Functional Fitness	Janelle W.	W	4/2	6/4	12:30 PM	1:20 PM	\$43	42337
	Barre Sculpt	Kartrina B.	W	4/2	5/21	2:00 PM	3:00 PM	\$35	42474
	Balance, Strength & Core Stability	Kartrina B.	W	4/2	5/21	3:15 PM	4:15 PM	\$35	42475
	Balance, Strength & Core Stability	Catherine K.	Th	4/3	6/5	10:00 AM	11:00 AM	\$43	41801
	Cardio Dance	Catherine K.	Th	4/3	6/5	11:15 AM	12:15 PM	\$43	42335
	Chair Yoga	Catherine K.	F	4/4	6/6	9:30 AM	10:15 AM	\$33	41957
	Strength Training for Women	Catherine K.	F	4/4	6/6	11:00 AM	12:00 PM	\$43	41916
Cardio Dance	Catherine K.	F	4/4	6/6	12:15 PM	1:15 PM	\$43	41804	

# MSCR EAST

MSCR EAST									
Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #	
Pure Strength	Janelle W.	M	1/6	3/17	8:30 AM	9:15 AM	\$33	41897	
Circuit Fitness	Janelle W.	M	1/6	3/17	9:30 AM	10:30 AM	\$43	42353	
Gentle Yoga Flow	Lisa H.	M	1/6	3/17	10:30 AM	11:15 AM	\$33	41964	
Pilates	Janelle W.	M	1/6	3/17	10:45 AM	11:30 AM	\$33	41896	
Cardio Dance	Jan H.	M	1/6	3/17	10:45 AM	11:45 AM	\$43	41803	
Small Group Training	Johnny W.	M	1/6	3/17	4:00 PM	4:45 PM	\$55	41913	
TRX Suspension Training	Deb S.	Tu	1/7	3/18	9:00 AM	9:45 AM	\$36	41954	
Gentle Exercise	Karin V.	Tu	1/7	3/18	10:00 AM	11:00 AM	\$48	41871	
Yoga Flow	Lisa H.	Tu	1/7	3/18	10:30 AM	11:15 AM	\$48	41978	
Arms & Abs	Karin V.	Tu	1/7	3/18	11:15 AM	12:00 PM	\$36	41796	
Row Fit	Mindy V./Lisa H.	Tu	1/7	3/18	11:45 AM	12:30 PM	\$36	41905	
Pure Strength	Karin V.	Tu	1/7	3/18	12:15 PM	1:00 PM	\$36	41899	
Barre Sculpt	Lisa H.	Tu	1/7	3/18	12:45 PM	1:30 PM	\$36	41802	
Chair Exercise	Karin V.	Tu	1/7	3/18	1:15 PM	2:00 PM	\$36	42340	
Gentle Yoga Flow	Laura M.	Tu	1/7	3/18	3:00 PM	4:00 PM	\$48	41966	
Pilates	Ellen U.	W	1/8	3/12	8:30 AM	9:30 AM	\$43	41893	
Cardio Dance & Toning	Karin V.	W	1/8	3/19	9:30 AM	10:30 AM	\$48	42342	
Mindful Balance	Jess S.	W	1/8	3/19	10:30 AM	11:30 AM	\$48	41880	
Strength Training for Women	Deb S.	W	1/8	3/19	11:00 AM	12:00 PM	\$48	41917	
T'ai Chi Pole	Bob C.	W	1/8	4/16	3:00 PM	4:00 PM	\$60	41950	
Functional Fitness	Deb S.	Th	1/9	3/20	9:00 AM	10:00 AM	\$48	41856	
Functional Fitness	Deb S.	Th	1/9	3/20	10:15 AM	11:15 AM	\$48	41858	
Yoga Flow	Galia P.	Th	1/9	3/20	10:30 AM	11:30 AM	\$48	41980	
TRX Suspension Training	Deb S.	Th	1/9	3/20	12:00 PM	12:45 PM	\$36	42320	
Body Groove	Gaylene B.	Th	1/9	3/20	12:00 PM	1:00 PM	\$48	42350	
T'ai Chi Intermediate	Bob C.	Th	1/9	3/20	1:30 PM	2:30 PM	\$48	41940	
T'ai Chi Intro - Part 1	Bob C.	Th	1/9	3/20	2:45 PM	3:45 PM	\$48	41947	
Ballroom Basics for Balance	Debra K	F	1/10	3/14	9:00 AM	10:00 AM	\$43	42324	
Cardio Dance	Jan H.	F	1/10	3/21	10:45 AM	11:45 AM	\$48	41805	
Circuit Fitness	Janelle W.	F	1/10	3/21	1:45 PM	2:45 PM	\$48	42354	
Strength Training for Women	Janelle W.	F	1/10	3/21	12:30 PM	1:30 PM	\$48	41919	

**WINTER**

# MSCR EAST

MSCR EAST									
Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #	
Pure Strength	Janelle W.	M	3/31	6/2	8:30 AM	9:15 AM	\$29	41898	SPRING
Circuit Fitness	Janelle W.	M	3/31	6/2	9:30 AM	10:30 AM	\$39	41823	
Gentle Yoga Flow	Ellen U.	M	4/7	6/2	10:30 AM	11:15: AM	\$26	41965	
Cardio Dance	Jan H.	M	3/31	6/2	10:45 AM	11:45 AM	\$39	41807	
Pilates	Janelle W.	M	3/31	6/2	10:45 AM	11:30 AM	\$29	41894	
Small Group Training	Johnny W.	M	3/31	6/2	4:00 PM	4:45 PM	\$50	41914	
TRX Suspension Training	Deb S.	Tu	4/1	6/3	9:00 AM	9:45 AM	\$33	41955	
Gentle Exercise	Karin V.	Tu	4/1	6/3	10:00 AM	11:00 AM	\$43	41872	
Arms & Abs	Karin V.	Tu	4/1	6/3	11:15 AM	12:00 PM	\$33	41797	
Row Fit	Mindy V.	Tu	4/1	6/3	11:45 AM	12:30 PM	\$33	41906	
Pure Strength	Karin V.	Tu	4/1	6/3	12:15 PM	1:00 PM	\$33	41900	
Barre Sculpt	TBD	Tu	4/1	6/3	12:45 PM	1:30 PM	\$33	42382	
Chair Exercise	Karin V.	Tu	4/1	6/3	1:15 PM	2:00 PM	\$33	41811	
Gentle Yoga Flow	Laura M.	Tu	4/1	6/3	3:00 PM	4:00: PM	\$43	41967	
Pilates	Ellen U.	W	4/9	6/4	8:30 AM	9:30 AM	\$39	41892	
Cardio Dance & Toning	Karin V.	W	4/2	6/4	9:30 AM	10:30 AM	\$43	41828	
Mindful Balance	Jess S.	W	4/2	6/4	10:30 AM	11:30 AM	\$43	41881	
Strength Training for Women	Deb S.	W	4/2	6/4	11:00 AM	12:00 PM	\$43	41918	
Functional Fitness	Deb S.	Th	4/3	6/5	9:00 AM	10:00 AM	\$43	41857	
Functional Fitness	Deb S.	Th	4/3	6/5	10:15 AM	11:15 AM	\$43	41859	
Yoga Flow	Galia P.	Th	4/3	6/5	10:30 AM	11:30: AM	\$43	41981	
Body Groove	Gaylene B.	Th	4/3	6/5	12:00 PM	1:00 PM	\$43	41822	
TRX Suspension Training	Deb S.	Th	4/3	6/5	12:00 PM	12:45 PM	\$33	41953	
T'ai Chi Intermediate	Bob C.	Th	4/3	6/5	1:30 PM	2:30 PM	\$43	41941	
T'ai Chi Intro - Part 1	Bob C.	Th	4/3	6/5	2:45 PM	3:45 PM	\$43	41949	
Ballroom Basics for Balance	Debra K	F	4/4	6/6	9:00 AM	10:00 AM	\$43	41812	
Cardio Dance	Jan H.	F	4/4	6/6	10:45 AM	11:45 AM	\$43	41806	
Strength Training for Women	Janelle W.	F	4/4	6/6	12:30 PM	1:30 PM	\$43	41920	
Circuit Fitness	Janelle W.	F	4/4	6/6	1:45 PM	2:45 PM	\$43	41869	

# MSCR WEST

Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
Core & Balance Combo	Marie D.	M	1/6	3/17	9:00 AM	10:00 AM	\$43	41830
T'ai Chi Yang Style	John A.	M	1/6	4/14	9:30 AM	10:30 AM	\$56	42378
Functional Fitness	Karin V.	M	1/6	3/17	9:30 AM	10:30 AM	\$43	41838
Gentle Exercise	Marie D.	M	1/6	3/17	10:15 AM	11:15 AM	\$43	41879
Functional Fitness	Karin V.	M	1/6	3/17	10:45 AM	11:45 AM	\$43	41840
Cardio Dance & Toning	Marie D.	M	1/6	3/17	11:45 AM	12:45 PM	\$43	42343
Balance, Strength & Core Stability	TBD	M	1/6	3/17	12:00 PM	1:00 PM	\$43	42356
Pilates	Paul N.	M	1/6	3/17	12:30 PM	1:30 PM	\$43	41889
Stretch & Strength	Marie D.	Tu	1/7	4/15	8:30 AM	9:30 AM	\$60	41923
Hatha Yoga II	Kurt R.	Tu	1/7	3/18	8:45 AM	10:00 AM	\$43	41972
Hatha Yoga I	Kurt R.	Tu	1/7	3/18	10:15 AM	11:15 AM	\$33	42216
T'ai Chi Elements	Ann F.	Tu	1/7	3/18	11:00 AM	12:00 PM	\$48	42282
Gentle Exercise	Lonna T.	Tu	1/7	3/18	11:00 AM	12:00 PM	\$48	41873
Cardio Step	Catherine K.	Tu	1/7	3/18	11:30 AM	12:15 PM	\$36	42289
Simple Strength	Tracy W.	Tu	1/21	3/18	1:00 PM	1:50 PM	\$39	41907
Functional Fitness	Julie M.	Tu	1/7	3/18	1:30 PM	2:30 PM	\$48	41842
Functional Fitness	Tracy W.	Tu	1/21	3/18	2:00 PM	2:50 PM	\$39	41844
Functional Fitness	Tracy W.	Tu	1/21	3/18	3:00 PM	3:50 PM	\$39	41846
Simple Strength	Marie D.	W	1/8	3/19	9:00 AM	10:00 AM	\$48	41909
T'ai Chi Yang Style	John A.	W	1/8	4/16	9:30 AM	10:30 AM	\$60	42380
Chair Exercise	Marie D.	W	1/8	3/19	10:15 AM	11:00 AM	\$36	41813
Stretch & Strength	Ellen U.	W	1/8	3/12	10:30 AM	11:30 AM	\$43	41925
Balance, Strength & Core Stability	Julie M.	W	1/8	3/19	11:30 AM	12:30 PM	\$48	41798
TRX Suspension Training	Julie M.	W	1/8	3/19	12:45 PM	1:35 PM	\$48	42463
Functional Fitness	Lizzy O.	W	1/8	3/19	5:30 PM	6:30 PM	\$48	42313
Stretch & Strength	Marie D.	Th	1/9	3/20	8:15 AM	9:15 AM	\$48	41921
Hatha Yoga II	Kurt R.	Th	1/9	3/20	8:45 AM	10:00 AM	\$43	41974
Chair Exercise	Marie D.	Th	1/9	3/20	9:30 AM	10:30 AM	\$48	41815
T'ai Chi for Arthritis & Fall Prevention	Ann F.	Th	1/9	3/20	9:30 AM	10:30 AM	\$48	41934
Hatha Yoga I	Kurt R.	Th	1/9	3/20	10:15 AM	11:15 AM	\$43	41970
T'ai Chi Elements Continuing	Ann F.	Th	1/9	3/20	11:00 AM	12:00 PM	\$48	42284
Gentle Exercise	Lonna T.	Th	1/9	3/20	11:00 AM	12:00 PM	\$48	41875
Cardio Dance & Toning	Marie D.	Th	1/9	3/20	11:35 AM	12:35 PM	\$48	42344
Gentle Yoga	Nansi C.	Th	1/9	3/20	1:00 PM	2:00 PM	\$36	41959
Simple Strength	Tracy W.	Th	1/23	3/20	1:00 PM	1:50 PM	\$39	41911
TRX Suspension Training	Julie M.	Th	1/9	3/20	1:45 PM	2:35 PM	\$48	42322

WINTER

WINTER	Functional Fitness	Tracy W.	Th	1/23	3/20	2:00 PM	2:50 PM	\$39	41862
	Pilates	Paul N.	Th	1/9	3/20	2:30 PM	3:30 PM	\$48	41895
	Functional Fitness	Tracy W.	Th	1/23	3/20	3:00 PM	3:50 PM	\$39	41860
	Gentle Yoga	Kurt R.	F	1/10	3/21	9:00 AM	10:00 AM	\$43	41961
	T'ai Chi Yang Style	John A.	F	1/10	4/18	9:30 AM	10:30 AM	\$60	42379
	Functional Fitness	Karin V.	F	1/10	3/21	9:30 AM	10:30 AM	\$48	41864
	Gentle Exercise	Marie D.	F	1/10	3/21	10:20 AM	11:20 AM	\$48	41877
	Functional Fitness	Karin V.	F	1/10	3/21	10:45 AM	11:45 AM	\$48	41866
	Chair One Dance Fitness	Jacqueline H.	F	1/10	3/21	12:00 PM	1:00 PM	\$48	41820
SPRING	Core & Balance Combo	Marie D.	M	3/31	6/2	9:00 AM	10:00 AM	\$39	41831
	Functional Fitness	Karin V.	M	3/31	6/2	9:30 AM	10:30 AM	\$39	41839
	Functional Fitness	Karin V.	M	3/31	6/2	10:45 AM	11:45 AM	\$39	41841
	Gentle Exercise	Marie D.	M	3/31	6/2	10:15 AM	11:15 AM	\$39	41870
	Cardio Dance & Toning	Marie D.	M	3/31	6/2	11:45 AM	12:45 PM	\$39	41825
	Balance, Strength & Core Stability	TBD	M	3/31	6/2	12:00 PM	1:00 PM	\$39	42011
	Pilates	Paul N.	M	3/31	6/2	12:30 PM	1:30 PM	\$39	41888
	Hatha Yoga II	Kurt R.	Tu	4/1	6/3	8:45 AM	10:00 AM	\$39	41973
	Hatha Yoga II	Kurt R.	Tu	4/1	6/3	8:45 AM	10:00 AM	\$39	41973
	Hatha Yoga I	Kurt R.	Tu	4/1	6/3	10:15 AM	11:15 AM	\$39	41969
	Gentle Exercise	Lonna T.	Tu	4/1	6/3	11:00 AM	12:00 PM	\$43	41874
	T'ai Chi Elements	Ann F.	Tu	4/1	6/3	11:00 AM	12:00 PM	\$43	41933
	Cardio Step	Catherine K.	Tu	4/1	6/3	11:30 AM	12:15 PM	\$33	42208
	Simple Strength	Tracy W.	Tu	4/1	5/20	1:00 PM	1:50 PM	\$35	41908
	Simple Strength	Tracy W.	Tu	4/1	5/20	1:00 PM	1:50 PM	\$35	41908
	Functional Fitness	Julie M.	Tu	4/1	6/3	1:30 PM	2:30 PM	\$43	41843
	Functional Fitness	Tracy W.	Tu	4/1	5/20	2:00 PM	2:50 PM	\$35	41845
	Functional Fitness	Tracy W.	Tu	4/1	5/20	3:00 PM	3:50 PM	\$35	41847
	Simple Strength	Marie D.	W	4/2	6/4	9:00 AM	10:00 AM	\$43	41910
	Chair Exercise	Marie D.	W	4/2	6/4	10:15 AM	11:00 AM	\$33	41814
	Stretch & Strength	Ellen U.	W	4/9	6/4	10:30 AM	11:30 AM	\$39	41927
	Balance, Strength & Core Stability	Julie M.	W	4/2	6/4	11:30 AM	12:30 PM	\$43	41799
	TRX Suspension Training	Julie M.	W	4/2	6/4	12:45 PM	1:35 PM	\$43	42464
	Functional Fitness	Lizzy O.	W	4/2	6/4	5:30 PM	6:30 PM	\$43	42339
	Stretch & Strength	Marie D.	Th	4/3	6/5	8:15 AM	9:15 AM	\$43	41922
	Hatha Yoga II	Kurt R.	Th	4/3	6/5	8:45 AM	10:00 AM	\$39	41975
	Chair Exercise	Marie D.	Th	4/3	6/5	9:30 AM	10:30 AM	\$43	41816
T'ai Chi for Arthritis & Fall Prevention	Ann F.	Th	4/3	6/5	9:30 AM	10:30 AM	\$43	41935	

<b>SPRING</b>	Hatha Yoga I	Kurt R.	Th	4/3	6/5	10:15 AM	11:15 AM	\$39	41971
	T'ai Chi Elements Continuing	Ann F	Th	4/3	6/5	11:00 AM	12:00 PM	\$43	41931
	Gentle Exercise	Lonna T.	Th	4/3	6/5	11:00 AM	12:00 PM	\$43	41876
	Cardio Dance & Toning	Marie D.	Th	4/3	6/5	11:35 AM	12:35 PM	\$43	42338
	Simple Strength	Tracy W.	Th	4/3	5/22	1:00 PM	1:50 PM	\$35	41912
	Gentle Yoga	Nansi C.	Th	4/3	6/5	1:00 PM	2:00 PM	\$43	41960
	TRX Suspension Training	Julie M	Th	4/3	6/5	1:45 PM	2:35 PM	\$43	42345
	Functional Fitness	Tracy W.	Th	4/3	5/22	2:00 PM	2:50 PM	\$35	41861
	Pilates	Paul N.	Th	4/3	6/5	2:30 PM	3:30 PM	\$43	41896
	Functional Fitness	Tracy W.	Th	4/3	5/22	3:00 PM	3:50 PM	\$35	41863
	Gentle Yoga	Kurt R.	F	4/4	6/6	9:00 AM	10:00 AM	\$39	41962
	Functional Fitness	Karin V.	F	4/4	6/6	9:30 AM	10:30 AM	\$43	41865
	Gentle Exercise	Marie D.	F	4/4	6/6	10:20 AM	11:20 AM	\$43	41878
	Functional Fitness	Karin V.	F	4/4	6/6	10:45 AM	11:45 AM	\$43	41867
	Chair One Dance Fitness	Jacqueline H.	F	4/4	6/6	12:00 PM	1:00 PM	\$43	41821

## WARNER PARK

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
<b>WINTER</b>	Fitness Conditioning	Mary B.	M	1/6	3/17	9:00 AM	10:00 AM	\$43	41834
	Parkour for Seniors	Susan/Shelby	Tu	1/7	4/15	9:30 AM	11:00 AM	\$105	41886
	Chair Exercise	Marie D.	Tu	1/7	3/18	10:15 AM	11:15 AM	\$48	41809
	Parkour for Seniors	Susan/Shelby	Tu	1/7	4/15	11:15 AM	12:45 PM	\$105	41884
	Core & Balance Combo	Marie D.	Tu	1/7	3/18	11:30 AM	12:30 PM	\$43	41832
	Stretch & Strength	Lynelle H.	W	1/8	3/19	9:00 AM	9:45 AM	\$33	41924
	Fitness Conditioning	Mary B.	W	1/8	3/19	9:00 AM	10:00 AM	\$39	41836
	Pure Strength	Lynelle H.	W	1/8	3/19	10:15 AM	11:00 AM	\$29	42358
	Mindfulness Movement & Joint Health	Mimi M.	W	1/8	3/19	10:30 AM	11:30 AM	\$33	41882
	T'ai Chi Intermediate	Bob C.	W	1/8	3/19	1:00 PM	2:00 PM	\$48	41939
	Gentle Yoga Flow	Lisa H.	Th	1/9	3/20	9:15 AM	10:00: AM	\$48	41958
	Pure Strength	Lisa H.	Th	1/9	3/20	10:15 AM	11:00 AM	\$36	41903
	Pure Strength	Lisa H.	Th	1/9	3/20	11:15 AM	12:00 PM	\$36	43668
	Mindfulness Movement & Gut Health	Mimi M.	F	1/10	3/21	10:30 AM	11:30 AM	\$36	42347
	Chair Exercise	Marie D.	F	1/10	3/21	12:30 PM	1:30 PM	\$48	41817
<b>SPRING</b>	Fitness Conditioning	Mary B.	M	3/31	6/2	9:00 AM	10:00 AM	\$39	41835
	Chair Exercise	Marie D.	Tu	4/1	6/3	10:15 AM	11:15 AM	\$39	41810
	Core & Balance Combo	Marie D.	Tu	4/1	6/3	11:30 AM	12:30 PM	\$43	41833
	Fitness Conditioning	Mary B.	W	4/2	6/4	9:00 AM	10:00 AM	\$39	41837
	Stretch & Strength	Lynelle H.	W	4/2	6/4	9:00 AM	9:45 AM	\$33	42348
	Pure Strength	Lynelle H.	W	4/2	6/4	10:15 AM	11:00 AM	\$29	41902
	Mindfulness Movement & Joint Health	Mimi M.	W	4/2	6/4	10:30 AM	11:30 AM	\$29	42346
	T'ai Chi Intermediate	Bob C.	W	4/2	6/4	1:00 PM	2:00 PM	\$43	42351
	Pure Strength	TBD	Th	4/3	6/5	10:15 AM	11:00 AM	\$33	41904
	Pure Strength	TBD	Th	4/3	6/5	11:15 AM	12:00 PM	\$33	43669
	Mindfulness Movement & Gut Health	Mimi M.	F	4/4	6/6	10:30 AM	11:30 AM	\$33	41883
	Chair Exercise	Marie D.	F	4/4	6/6	12:30 PM	1:30 PM	\$43	41818

# VIRTUAL

VIRTUAL									
	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
<b>WINTER</b>	Pure Strength	Janelle W.	M	1/6	3/17	8:30 AM	9:15 AM	\$33	41998
	Chair Exercise	Jamie A.	M	1/6	3/17	9:15 AM	10:15 AM	\$39	42266
	Yoga Suave en Español	Clare N.	M	1/6	3/17	10:15 AM	11:15 AM	\$0	42008
	Functional Fitness	Ron D.	M	1/6	3/17	10:30 AM	11:30 AM	\$43	42270
	Strength Training for Women	Lisa H.	Tu	1/7	3/18	8:00 AM	8:45 AM	\$36	42269
	Yoga Flow	Lisa H.	Tu	1/7	3/18	9:00 AM	9:45 AM	\$48	42006
	Simple Strength	Becky O.	Tu	1/7	3/18	9:00 AM	10:00 AM	\$48	42001
	Gentle Virtual	Clare N.	Tu	1/7	3/18	10:30 AM	11:30 AM	\$48	42004
	Chair One Dance Fitness	Jacqueline H.	Tu	1/7	3/18	12:15 PM	1:00 PM	\$43	42264
	Meditation	Nansi C.	Tu	1/7	3/18	1:00 PM	2:00 PM	\$35	41997
	T'ai Chi /Chi Kung for Balance	Kevin W.	Tu	1/7	3/18	1:00 PM	2:00 PM	\$48	42003
	Core without the Floor	Ron D.	W	1/8	3/19	9:00 AM	9:30 AM	\$24	42278
	Pure Strength	Ron D.	W	1/8	3/19	3:00 PM	4:00 PM	\$48	42272
	Functional Fitness	Ron D.	Th	1/9	3/20	8:30 AM	9:30 AM	\$48	42271
	Simple Strength	Becky O.	Th	1/9	3/20	9:00 AM	10:00 AM	\$48	42259
	Yoga Flow	Clare N.	Th	1/9	3/20	10:30 AM	11:30 AM	\$36	42220
Balancing Act	Kevin W.	Th	1/9	3/20	1:00 PM	1:45 PM	\$36	41992	
Hatha Yoga I	Kurt R.	Th	1/9	3/20	4:15 PM	5:15 PM	\$48	41968	
<b>SPRING</b>	Pure Strength	Janelle W.	M	3/31	6/2	8:30 AM	9:15 AM	\$29	41999
	Chair Exercise	Jamie A.	M	3/31	6/2	9:15 AM	10:15 AM	\$39	41993
	Gentle Yoga Flow	Lisa H.	M	3/31	6/2	10:00 AM	10:45 AM	\$29	42217
	Yoga Suave en Español	Clare N.	M	3/31	6/2	10:15 AM	11:15 AM	\$0	42218
	Functional Fitness	Ron D.	M	3/31	6/2	10:30 AM	11:30 AM	\$39	41995
	Stretch & Strength	Lisa H.	M	3/31	6/2	11:00 AM	11:45 AM	\$29	42275
	Strength Training for Women	Lisa H.	Tu	4/1	6/3	8:00 AM	8:45 AM	\$33	42002
	Yoga Flow	Lisa H.	Tu	4/1	6/3	9:00 AM	9:45 AM	\$43	42221
	Simple Strength	Becky O.	Tu	4/1	6/3	9:00 AM	10:00 AM	\$43	42000
	Gentle Virtual	Clare N.	Tu	4/1	6/3	10:30 AM	11:30 AM	\$43	42212
	T'ai Chi /Chi Kung for Balance	Kevin W.	Tu	4/1	6/3	1:00 PM	2:00 PM	\$43	42360
	Meditation	Nansi C.	Tu	4/1	6/3	1:00 PM	2:00 PM	\$43	42207
	Core without the Floor	Ron D.	W	4/2	6/4	9:00 AM	9:30 AM	\$22	42277
	Walk & Tone	Lisa H.	W	4/2	6/4	10:00 AM	10:45 AM	\$33	42280
	Pure Strength	Ron D.	W	4/2	6/4	3:00 PM	4:00 PM	\$43	42273
	Functional Fitness	Ron D.	Th	4/3	6/5	8:30 AM	9:30 AM	\$43	41996
	Simple Strength	Becky O.	Th	4/3	6/5	9:00 AM	10:00 AM	\$43	42260
	Yoga Flow	Clare N.	Th	4/3	6/5	10:30 AM	11:30 AM	\$33	42007
	Chair One Dance Fitness	Jacqueline H.	Th	4/8	6/3	12:15 PM	1:00 PM	\$39	41994
Balancing Act	Kevin W.	Th	4/3	6/5	1:00 PM	1:45 PM	\$33	42361	
Hatha Yoga I	Kurt R.	Th	4/3	6/5	4:15 PM	5:15 PM	\$39	42211	

# OUTDOOR

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
SPRING	T'ai Chi Yang Style	John A	M	4/21	6/2	9:30 AM	10:30 AM	\$26	42394
	Stretch & Strength	Marie D.	Tu	4/22	6/3	8:30 AM	9:30 AM	\$30	41985
	WalkAbouts	Marissa	Tu	4/22	6/3	9:15 AM	10:15 AM	\$30	41989
	Parkour for Seniors	Susan/Shelby	Tu	4/22	6/3	9:30 AM	11:00 AM	\$53	41885
	Parkour for Seniors	Susan/Shelby	Tu	4/22	6/3	11:15 AM	12:45 PM	\$53	41887
	Nordic Pole Walking (workshop)	Paula I.	W	5/14	5/14	9:00 AM	10:00 AM	\$5	41982
	T'ai Chi Yang Style	John A	W	4/23	6/4	9:30 AM	10:30 AM	\$30	42390
	Bicycling - Back in the Saddle	Annie	W	4/30	5/21	9:30 AM	11:30 AM	\$17	42402
	T'ai Chi Pole	Bob C.	W	4/23	6/4	3:00 PM	4:00 PM	\$30	41986
	Nordic Pole Walking (workshop)	Paula I.	Th	5/8	5/8	9:00 AM	10:00 AM	\$5	42352
	Bicycling - Back in the Saddle	Annie	Th	5/1	5/22	9:30 AM	11:30 AM	\$17	42401
	T'ai Chi Yang Style	John A	F	4/25	6/6	9:30 AM	10:30 AM	\$30	42393
	QiGong for Renewal & Relaxation	Bob C.	F	4/25	6/6	10:30 AM	11:30 AM	\$30	41987
T'ai Chi Intermediate	Bob C.	F	4/25	6/6	1:00 PM	2:00 PM	\$30	41988	