



Summer 2025



50+ Fitness Class Schedule & Instructor List

(Aquatic Classes are Located in the Program Guide)

MSCR EAST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Pure Strength	Janelle W.	M	6/23	8/18	8:30 AM	9:15 AM	\$29	43092
Circuit Fitness	Janelle W.	M	6/23	8/18	9:30 AM	10:30 AM	\$39	43052
Gentle Yoga Flow	Ellen U.	M	6/23	8/11	10:30 AM	11:15 AM	\$26	43137
Cardio Dance	Jan H.	M	6/23	8/18	10:45 AM	11:45 AM	\$39	43037
Small Group Training	Lynelle H.	M	6/23	8/18	4:00 PM	4:45 PM	\$50	43104
TRX Suspension Training	Deb S.	Tu	6/24	8/19	9:00 AM	9:45 AM	\$29	43131
Gentle Exercise	Karin V.	Tu	6/24	8/19	10:00 AM	11:00 AM	\$39	43077
Arms & Abs	Karin V.	Tu	6/24	8/19	11:15 AM	12:00 PM	\$29	43026
Row Fit	Mindy V.	Tu	6/24	8/19	11:45 AM	12:30 PM	\$29	43098
Pure Strength	Karin V.	Tu	6/24	8/19	12:15 PM	1:00 PM	\$29	43093
Barre Sculpt	Ellen U.	Tu	6/24	8/19	12:45 PM	1:30 PM	\$29	44036
Chair Exercise	Karin V.	Tu	6/24	8/19	1:15 PM	2:00 PM	\$29	43048
Pilates	Ellen U.	W	6/25	8/20	8:15 AM	9:15 AM	\$39	43090
Cardio Dance & Toning	Karin V.	W	6/25	8/20	9:30 AM	10:30 AM	\$39	43040
T'ai Chi for Arthritis & Fall Prevention	Ellen H.	W	6/25	8/20	9:30 AM	10:30 AM	\$39	44011
Balancing Act	Ellen H.	W	6/25	8/20	10:45 AM	11:45 AM	\$39	43083
Brain & Body Fitness	UW/Karin V.	W	7/9	7/30	10:45 AM	12:00 PM	\$0	43035
Strength Training for Women	Deb S.	W	6/25	8/20	11:00 AM	12:00 PM	\$39	43108
Functional Fitness	Deb S.	Th	6/26	8/21	9:00 AM	10:00 AM	\$39	43057
Functional Fitness	Deb S.	Th	6/26	8/21	10:15 AM	11:15 AM	\$39	43066
Yoga Flow	Galia P.	Th	6/26	8/21	10:30 AM	11:30 AM	\$39	43144
TRX Suspension Training	Deb S.	Th	6/26	8/21	12:00 PM	12:45 PM	\$29	43130
Body Groove	Gaylene B.	Th	6/26	8/21	12:00 PM	1:00 PM	\$39	43850
T'ai Chi Intermediate	Bob C.	Th	6/26	8/21	1:30 PM	2:30 PM	\$39	43115
T'ai Chi Intro - Part 1	Bob C.	Th	6/26	8/21	2:45 PM	3:45 PM	\$39	44012
Cardio Dance	Jan H.	F	6/27	8/22	10:45 AM	11:45 AM	\$35	43038
Strength Training for Women	Janelle W.	F	6/27	8/22	12:30 PM	1:30 PM	\$35	43106
Circuit Fitness	Janelle W.	F	6/27	8/22	1:45 PM	2:45 PM	\$35	43872

MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Core & Balance Combo	Marie D.	M	6/23	8/18	9:00 AM	10:00 AM	\$39	43053
Functional Fitness	Karin V.	M	6/23	8/18	9:30 AM	10:30 AM	\$39	43065
Gentle Exercise	Marie D.	M	6/23	8/18	10:15 AM	11:15 AM	\$39	43079
Functional Fitness	Karin V.	M	6/23	8/18	10:45 AM	11:45 AM	\$39	43058
Cardio Dance & Toning	Marie D.	M	6/23	8/18	11:45 AM	12:45 PM	\$39	43041
Balance, Strength & Core Stability	TBD	M	6/23	8/18	12:00 PM	1:00 PM	\$39	43848
Pilates	Paul N.	M	6/23	8/18	12:30 PM	1:30 PM	\$39	43087
Hatha Yoga II	Kurt R.	Tu	6/24	8/19	8:45 AM	10:00 AM	\$35	43142
Hatha Yoga I	Kurt R.	Tu	6/24	8/19	10:15 AM	11:15 AM	\$35	43842
T'ai Chi Intro - Part 1	Ann F.	Tu	6/24	8/19	11:00 AM	12:00 PM	\$39	43123
Gentle Exercise	Lonna T.	Tu	6/24	8/19	11:00 AM	12:00 PM	\$39	43076
Cardio Step	Catherine K.	Tu	6/24	8/19	11:30 AM	12:15 PM	\$29	43863
Functional Fitness	Julie M.	Tu	6/24	8/19	1:30 PM	2:30 PM	\$39	43059
Simple Strength	Marie D.	W	6/25	8/20	9:00 AM	10:00 AM	\$39	43100
Chair Exercise	Marie D.	W	6/25	8/20	10:15 AM	11:00 AM	\$29	43044
Stretch & Strength	Ellen U.	W	6/25	8/20	10:30 AM	11:30 AM	\$39	43110
Balance, Strength & Core Stability	Julie M.	W	6/25	8/20	11:30 AM	12:30 PM	\$39	43845
TRX Suspension Training	Julie M.	W	6/25	8/20	12:45 PM	1:35 PM	\$39	43908
Functional Fitness	Lizzy O.	W	6/25	8/20	5:30 PM	6:30 PM	\$39	43071
Stretch & Strength	Marie D.	Th	6/26	8/21	8:15 AM	9:15 AM	\$39	43109
Hatha Yoga II	Kurt R.	Th	6/26	8/21	8:45 AM	10:00 AM	\$35	43143
Chair Exercise	Marie D.	Th	6/26	8/21	9:30 AM	10:30 AM	\$39	43045
T'ai Chi for Arthritis & Fall Prevention	Ann F.	Th	6/26	8/21	9:30 AM	10:30 AM	\$39	43120
Hatha Yoga I	Kurt R.	Th	6/26	8/21	10:15 AM	11:15 AM	\$35	43140
Gentle Exercise	Lonna T.	Th	6/26	8/21	11:00 AM	12:00 PM	\$39	43080
T'ai Chi Intro - Part 2	Ann F.	Th	6/26	8/21	11:00 AM	12:00 PM	\$39	43124
Cardio Dance & Toning	Marie D.	Th	6/26	8/21	11:35 AM	12:35 PM	\$39	43042
Gentle Yoga	Nansi C.	Th	6/26	8/21	1:00 PM	2:00 PM	\$39	43134
TRX Suspension Training	Julie M.	Th	6/26	8/21	1:45 PM	2:35 PM	\$39	43902
Pilates	Paul N.	Th	6/26	8/21	2:30 PM	3:30 PM	\$39	43089
Gentle Yoga	Kurt R.	F	6/27	8/22	9:00 AM	10:00 AM	\$30	43135
Functional Fitness	Karin V.	F	6/27	8/22	9:30 AM	10:30 AM	\$35	43069
Gentle Exercise	Marie D.	F	6/27	8/22	10:20 AM	11:20 AM	\$35	43078
Functional Fitness	Karin V.	F	6/27	8/22	10:45 AM	11:45 AM	\$35	43070
Chair One Dance Fitness	Jacqueline H.	F	6/27	8/22	12:00 PM	1:00 PM	\$35	43050

MSCR CENTRAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
T'ai Chi Intro - Part 1	Ellen H.	M	6/23	8/18	9:30 AM	10:30 AM	\$39	44026
QiGong - Intro	Ellen H.	M	6/23	8/18	10:45 AM	11:30 AM	\$29	44027
Cardio Dance & Toning	Karin V.	M	6/23	8/18	12:30 PM	1:30 PM	\$39	43039
T'ai Chi Intro - Part 2	Bob C.	Tu	6/24	8/19	12:30 PM	1:30 PM	\$39	44013
T'ai Chi Intermediate	Bob C.	Tu	6/24	8/19	1:45 PM	2:45 PM	\$39	43116
T'ai Chi Advanced	Bob C.	Tu	6/24	8/19	3:00 PM	4:30 PM	\$58	44030
Balance, Strength & Core Stability	Janelle W.	W	6/25	8/20	7:30 AM	8:15 AM	\$29	43028
Functional Fitness	Janelle W.	W	6/25	8/20	8:30 AM	9:20 AM	\$39	43062
Functional Fitness	Janelle W.	W	6/25	8/20	9:30 AM	10:20 AM	\$39	43064
Functional Fitness	Janelle W.	W	6/25	8/20	10:30 AM	11:20 AM	\$39	43063
Functional Fitness	Janelle W.	W	6/25	8/20	11:30 AM	12:20 PM	\$39	43072
Functional Fitness	Janelle W.	W	6/25	8/20	12:30 PM	1:20 PM	\$39	43073
Barre Sculpt	Kartrina B.	W	6/25	8/20	2:00 PM	3:00 PM	\$39	43030
Balance, Strength & Core Stability	Kartrina B.	W	6/25	8/20	3:15 PM	4:15 PM	\$39	43846
Balance, Strength & Core Stability	Catherine K.	Th	6/26	8/21	10:00 AM	11:00 AM	\$39	43027
Cardio Step	Catherine K.	Th	6/26	8/21	11:15 AM	12:15 PM	\$39	43043
Chair Yoga	Catherine K.	F	6/27	8/22	10:00 AM	10:45 AM	\$26	43133
Strength Training for Women	Catherine K.	F	6/27	8/22	11:00 AM	12:00 PM	\$35	43107
Cardio Dance	Catherine K.	F	6/27	8/22	12:15 PM	1:15 PM	\$35	43036

WARNER PARK

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Fitness Conditioning	Mary B.	M	6/23	8/18	9:00 AM	10:00 AM	\$39	43055
Chair Exercise	Marie D.	Tu	6/24	8/19	10:15 AM	11:15 AM	\$39	43046
Core & Balance Combo	Marie D.	Tu	6/24	8/19	11:30 AM	12:30 PM	\$39	43054
Stretch & Strength	Lynelle H.	W	6/25	8/20	9:00 AM	9:45 AM	\$29	43111
Fitness Conditioning	Mary B.	W	6/25	8/20	9:00 AM	10:00 AM	\$39	43056
Pure Strength	Lynelle H.	W	6/25	8/20	10:15 AM	11:00 AM	\$29	43095
Mindfulness Movement & Joint Health	Mimi M.	W	6/25	8/20	10:30 AM	11:45 AM	\$39	43084
T'ai Chi Intermediate	Bob C.	W	6/25	8/20	1:00 PM	2:00 PM	\$39	43121
Pure Strength	TBD	Th	6/26	8/21	10:30 AM	11:15 AM	\$29	43094
Mindfulness Movement & Gut Health	Mimi M.	F	6/27	8/22	10:30 AM	11:45 AM	\$35	43873
Chair Exercise	Marie D.	F	6/27	8/22	12:30 PM	1:30 PM	\$35	43047

VIRTUAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Pure Strength	Janelle W.	M	6/23	8/18	8:30 AM	9:15 AM	\$29	43097
Gentle Yoga Flow	Lisa H.	M	6/23	8/18	10:00 AM	10:45 AM	\$29	43147
Chair Exercise	Jamie A.	M	6/23	8/18	9:15 AM	10:15 AM	\$35	43049
Functional Fitness	Ron D.	M	6/30	8/18	10:30 AM	11:30 AM	\$35	43074
Stretch & Strength	Lisa H.	M	6/23	8/18	11:00 AM	11:45 AM	\$29	43839
Strength Training for Women	Lisa H.	Tu	6/24	8/19	8:00 AM	8:45 AM	\$29	44087
Yoga Flow	Lisa H.	Tu	6/24	8/19	9:00 AM	9:45 AM	\$29	43148
Simple Strength	Becky O.	Tu	6/24	8/19	9:00 AM	10:00 AM	\$35	43102
Gentle Yoga	Clare N.	Tu	6/24	8/19	10:30 AM	11:30 AM	\$39	43136
Chair One Dance Fitness	Jacqueline H.	Tu	6/24	8/19	12:15 PM	1:00 PM	\$29	43051
Meditation	Nansi C.	Tu	6/24	8/19	1:00 PM	2:00 PM	\$35	43082
T'ai Chi /Chi Kung for Balance	Kevin W.	Tu	6/24	8/19	1:00 PM	2:00 PM	\$39	43117
Core without the Floor	Ron D.	W	7/2	8/20	9:00 AM	9:30 AM	\$17	43837
Walk & Tone	Lisa H.	W	6/25	8/20	10:00 AM	10:45 AM	\$26	43840
Pure Strength	Ron D.	W	7/2	8/20	3:00 PM	4:00 PM	\$35	43096
Simple Strength	Becky O.	Th	6/26	8/21	9:00 AM	10:00 AM	\$35	43103
Functional Fitness	Ron D.	Th	7/3	8/21	9:30 AM	10:30 AM	\$35	43075
Yoga Flow	Clare N.	Th	6/26	8/21	10:30 AM	11:30 AM	\$39	43145
Balancing Act	Kevin W.	Th	6/26	8/21	1:00 PM	1:45 PM	\$29	43029
Hatha Yoga I	Kurt R.	Th	6/26	8/21	4:15 PM	5:15 PM	\$30	43141
Core without the Floor	Ron D.	F	7/11	8/22	9:00 AM	9:45 AM	\$23	43838

OUTDOOR

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
T'ai Chi Yang Style	John A.	M	6/23	8/18	9:30 AM	10:30 AM	\$39	43127
Balance, Strength & Core Stability	Janelle W.	M	6/23	8/18	11:00 AM	11:45 AM	\$29	44086
Stretch & Strength	Marie D.	Tu	6/24	8/19	8:30 AM	9:30 AM	\$39	43112
WalkAbouts	Marissa B.	Tu	6/24	8/19	9:15 AM	10:15 AM	\$39	43132
Bicycling - Let's Ride	Annie S.	Tu	6/17	7/29	9:30 AM	11:30 AM	\$30	43031
Parkour for Seniors	Susan/Shelby	Tu	6/24	8/19	9:30 AM	11:00 AM	\$68	43086
Nordic Pole Walking (workshop)	Paula I.	W	7/9	7/9	9:30 AM	10:30 AM	\$5	43877
T'ai Chi Intermediate	John A.	W	6/25	8/20	9:30 AM	10:30 AM	\$39	43129
T'ai Chi Pole	Bob C.	W	6/25	8/20	3:00 PM	4:00 PM	\$39	43125
Nordic Pole Walking (workshop)	Paula I.	Th	6/5	6/5	9:00 AM	10:00 AM	\$5	43874
Nordic Pole Walking (workshop)	Paula I.	Th	8/7	8/7	9:30 AM	10:30 AM	\$5	43085
Let's Ride: Confident Cycling	Annie S.	Th	6/19	7/31	12:30 PM	2:30 PM	\$30	43032
T'ai Chi Yang Style Long Form	John A.	F	6/27	8/22	9:30 AM	11:00 AM	\$52	43118
QiGong for Renewal & Relaxation	Bob C.	F	6/27	8/22	10:30 AM	11:30 AM	\$35	43126
T'ai Chi Intermediate	Bob C.	F	6/27	8/22	1:00 PM	2:00 PM	\$35	43122