MCCH Center for Health and Wellness

GROUP FITNESS SCHEDULE

March 2018

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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<tbody>
<tr>
<td>Body Pump 5:45-6:45 am</td>
<td>Spin 6:00-7:00 am</td>
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<td>Body Pump 5:45-6:45 am</td>
<td>Body Pump 8:30-9:30 am</td>
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<td>Fit for Life 8:30-9:30 am</td>
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<td>Zumba 9:45-10:45 am</td>
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<tr>
<td>Cardio Toning 9:45-10:45 am</td>
<td>Yoga Your Way 9:45-10:45 am</td>
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<td>Core Essentials 9:45-10:45 am</td>
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Gymnasium is open for member use when class not in session

- **Rock Steady Boxing**: 1:15-2:45 pm
- **Cardio Kickboxing**: 4:30-5:15 pm
- **Body Pump**: 5:30-6:30 pm
- **Yoga with Joy**: 6:45-8:00 pm
- **Zumba**: 6:00-7:00 pm, 7:00-8:30 pm
- **Karate**: 7:00-8:30 pm
- **Yoga with Cadelia**: 6:45-8:00 pm
- **Yoga Basics**: 6:45-7:45 pm

**Open Gym**: 11:00 am–4:00 pm

**CLASS DESCRIPTIONS**

**Body Pump**: The original barbell class. Designed for all ages and fitness levels, this athletic-based workout uses barbells with adjustable weights to work every major muscle group in your body. Instructors: Amy, Chris H., Tom, & Patrick

**Cardio Toning**: Cardio Toning integrates aerobic fitness and resistance training by using medicine balls, stability balls and resistance tubing! Cardio Toning will be a workout sure to empower you! Instructor: Chris W.

**Cardio Kickboxing**: Join this class for an intense workout that includes punches, kicks and drills. It's sure to make you sweat! This fast paced class is for those looking to tone up their midsection.

**Core Essentials**: This fast paced class is for those looking to tone up their mid-section as well as improve overall fitness. The main focus of Core Essentials will be shedding fat and sculpting the abdominals. Instructor: Chris W.

**Fit For Life**: An invigorating environment that lets you socialize while toning and stretching your body. A great workout for people with arthritis or limited mobility. Instructor: Sean

**Okinawa Seidokan Karate**: This Okinawa Karate based class is a fitness class for the entire family that can improve your performance of other activities, while learning real-world, self-defense skills. Instructor: Greg

*Rock Steady Boxing*: This exercise class will focus on strength, reaction time, balance, and overall quality of life. Requires pre-registration. Instructor: Brittany

**Spin**: Come spin and benefit from a group atmosphere with up-tempo music and coaching. Prepare for fast intervals mixed in with slow, endurance training that is low impact on your joints. Instructor: Emmy & Sean

**Yoga Basics**: This is a good place to learn basic poses and relaxation techniques, and become comfortable with yoga. Raylene will take you through this slow-paced stretching class with some simple breathing exercises and meditation. Instructor: Raylene

**Yoga with Cadelia**: Join Cadelia for a slow gentle approach to yoga that encourages flexibility and strength. This class is designed to enhance your balance and restore a calm self-confidence at any age or level of ability.

**Yoga with Joy**: Practicing yoga with Joy makes one feel younger with heightened mental capacity. She teaches traditional postures that involve stretching, bending and breathing to relax tense and contracted muscles

**Simply Yoga**: Designed for the person who is new to yoga, Simply Yoga is a gentle yoga class that will teach the basic yoga poses with proper alignment for each pose. Instructor: Stacey

**Zumba**: Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic fitness program that will blow you away! Zumba is an exhilarating one-hour dance party! Instructors: Ashley & Maria

**Hours of operation**: Mon – Thu: 5 am – 9 pm  Fri: 5 am – 8 pm  Sat: 8 am – 4 pm  Sun: 1 pm – 5 pm
# Aquatic Fitness Schedule

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<td>Open Swim 10:30 am – 3:30 pm</td>
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<td><em>Make a Splash 11:00a – 12:30pm 2 lanes for members</em></td>
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<td>Open Swim 8:00 am-4:00 pm</td>
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<td>Open Swim 12:30 – 3:30 pm</td>
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<td>Swim Team 3:30 – 5:45 pm</td>
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<td><em>Pool Closed</em></td>
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<td>Pure Energy 6:00 – 7:00 pm</td>
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## CLASS DESCRIPTIONS

**Pure Energy**: A high-energy aerobics class centered on cardiovascular water exercise. Resistance training exercises for the upper body, lower body, and core will be incorporated in the shallow water and deep water to build muscle strength and endurance.

Instructors: Emmy & Janna

**Aqua Fit**: Low impact, cardiovascular, strength and flexibility training in the comfort of water. Aqua Fit provides an excellent workout to individuals of all abilities and ages. Aqua Fit exercises are designed to relieve stress on the joints while increasing flexibility, muscle strength and cardiovascular endurance. Instructors: Janna, Carolyn & Tammi

**No One is Allowed in the Pool Area Alone.**

Staff is available to stay on the pool deck if you find yourself alone at any time. Ask at the front desk.

One lane is open at all times for lap swimming **EXCEPT** during MYST practice time. Pool is closed from 3:30 – 5:45 pm M-F during swim team practice.

## Additional Aquatic Programs

**Make a Splash Swim School**: Swim lessons for all ages under the direction of Coach Janna Tobergte. Requires pre-registration and enrollment fee.

**Competitive Youth Swim Team**: Murray Youth Swim Team (MYST) offers a year round competitive swim team at the Wellness Center with high quality professional coaching and technique instruction for all ages and abilities. For information about the swim team please contact Head Coach John Wand at 270-978-2545

**Aquatic Personal Training**: Experience one-on-one personal training with Coach Janna Tobergte. Purchase 5, 10, or 15 training sessions and get incremental discounts. Call 270-762-1348 for prices and reservations.

**Pool Party/Rentals**: Our indoor, climate-controlled pool is available for private parties. Groups or individuals may rent the pool during non-business hours for a two-hour minimum. Call 270-762-1348 for prices or to reserve your next party.

Call 270-762-1348 for more information.

Visit us at [www.mcchwellness.com](http://www.mcchwellness.com) or Like us on Facebook