




# Group Fitness Schedule

## August 2025



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45-6:45am <b>BODYPUMP</b> with Amy	6:00-6:45am <b>SPIN</b> with Ronda	5:45-6:45am <b>BODYPUMP</b> with Amy	6:00-6:45am <b>SPIN</b> with Ronda	5:45-6:45am <b>BODYPUMP</b> with Amy			
8:00-9:00am <b>CARDIO TONING</b> with Chris	8:00-9:00am <b>STRENGTH</b> with Sarah	8:00-9:00am <b>CARDIO TONING</b> with Chris	8:00-9:00am <b>STRENGTH</b> with Sarah	8:00-9:00am <b>CORE ESSENTIALS</b> with Chris	7:00-9:00am <b>OPEN GYM</b>		
9:15-10:15am <b>YOGA</b> with Sarah	9:15 - 10:15am <b>YOGA</b> with Stacey	9:15-10:15am <b>YOGA</b> with Sarah	9:15-10:15am <b>YOGA</b> with Renee	9:15-10:00am <b>CHAIR YOGA</b> with Sarah	9:30-10:30am <b>YOGA</b> with Raylene		
10:30-11:15am <b>CHAIR YOGA</b> with Sarah	10:30am-4:00pm <b>OPEN GYM</b>	10:30-11:15am <b>CHAIR ZUMBA</b> with Janice	10:30am-4:00pm <b>OPEN GYM</b>	10:30-11:15am <b>CHAIR ZUMBA</b> with Janice	11:00-2:00pm <b>OPEN GYM</b>	12:00-4:00pm <b>OPEN GYM</b>	
11:30-4:00pm <b>OPEN GYM</b>		11:30-4:00pm <b>OPEN GYM</b>		11:30-5:15pm <b>OPEN GYM</b>			
4:15-5:00pm <b>STRENGTH</b> with Reid	4:15-5:15pm <b>YOGA</b> with Renee	4:15-5:00pm <b>STRENGTH</b> with Reid	4:15-5:15pm <b>PILATES</b> with Brandi		<p>Pickleball Courts can be reserved during open gym times for 30-60 minutes.</p> <p>Reserve at the front desk or online on the Member Self-Service Portal. Scan the QR code to access the portal.</p> <div></div>		
5:30-6:30pm <b>BODYPUMP</b> with Patrick	5:30-6:30pm <b>ZUMBA</b> with Ashley	5:30-6:30pm <b>BODYPUMP</b> with Patrick	5:30-6:30pm <b>ZUMBA</b> with Sheena	5:30-6:30pm <b>BODYPUMP</b> with Patrick			
6:45 - 7:45pm <b>OPEN GYM</b>		6:00-7:00pm <b>YOGA</b> with Raylene *in the Classroom	6:45 - 7:45pm <b>OPEN GYM</b>				

**Facility Hours: Monday-Friday 5am - 8pm | Saturday 7am - 2pm | Sunday 12pm - 4pm**  
**270-762-1348 | [www.mcchwellness.com](http://www.mcchwellness.com) | 716 Poplar St. Murray, KY 42071**

# Class Descriptions

**BODYPUMP** is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns calories, increases core strength, and improves bone health. *Instructors: Amy & Patrick*

**Cardio Toning** integrates aerobic fitness, strength training with dumbbells, and high intensity intervals (HIIT) to improve your cardiovascular fitness and endurance. *Instructor: Chris*

**Chair Yoga** is an accessible practice designed to help you enjoy the benefits of yoga with the support of a chair. You will learn a variety of breathing techniques and yoga postures to help you improve mobility, balance, coordination, flexibility, and strength. *Instructor: Sarah*

**Chair ZUMBA** is designed for adults who need to use a chair for extra support or anyone wanting to have fun and move a bit while sitting. It incorporates Latin-inspired rhythms and dance moves, adapting them for chair exercises, and focuses on fun and low to medium intensity workouts. *Instructor: Janice*

**Core Essentials** is a challenging and dynamic class that strengthens the core muscles, including the abs, hips, and lower back. The main focus is to help you develop a strong and stable core, improve posture, and increase overall fitness. *Instructor: Chris*

**Pickleball Practice** is a course for all levels to improve your pickleball performance, skills, and conditioning. *Instructor: Elle*

**Pilates:** This mat-based Pilates workout focuses on core strength, flexibility, balance, and overall body awareness. The class will lengthen and strengthen the muscles while giving you a full-body workout. We will utilize various props to help sculpt the body as well as increase strength and range of motion. *Instructor: Brandi*

**Simply Yoga** is a gentle yoga class designed for beginners. You will learn basic yoga postures with an emphasis on breathing and proper alignment. *Instructor: Renee*

**Spin** is a fun and motivating 45-minute indoor cycling workout designed to build cardiovascular endurance and strength through interval training. *Instructor: Ronda*

**Strength** is a challenging strength training class that incorporates barbell, dumbbell, and bodyweight exercises. Develop better balance, coordination, and power in this full-body workout. *Instructors: Sarah, Reid, Kaden*

**Yoga** is designed to strengthen, stretch, and relax your entire body while calming your mind. With an emphasis on breath, you will learn traditional yoga postures, alignment, and modifications. All levels welcome. *Instructors: Raylene, Sarah, Stacey*

**ZUMBA** takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. *Instructors: Ashley, Sheena*



# Aquatic Fitness Schedule

## August 2025



Access the Member  
Self-Service Portal

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:15am <b>SWIM BIKE RUN</b> 2 lanes for members		5:15 - 6:15am <b>SWIM BIKE RUN</b> 2 lanes for members		5:15 - 6:15am <b>SWIM BIKE RUN</b> 2 lanes for members		
6:15 - 8:00am <b>OPEN SWIM</b>	5:15 - 9:30am <b>OPEN SWIM</b>	6:15 - 8:00am <b>OPEN SWIM</b>	5:15 - 9:30am <b>OPEN SWIM</b>	6:15 - 8:00am <b>OPEN SWIM</b>		
8:00 - 9:00am <b>AQUA FIT</b>		8:00 - 9:00am <b>AQUA FIT</b>		8:00 - 9:00am <b>AQUA FIT</b>	7:00am - 2:00pm <b>OPEN SWIM</b>	
9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>	9:30 - 10:30am <b>AQUA FIT</b>		
11:00 - 1:00pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:00pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:00pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	11:00 - 1:00pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	10:30 - 3:15pm <b>OPEN SWIM</b>		12:00 - 4:00pm <b>OPEN SWIM</b>
	1:00 - 3:15pm <b>OPEN SWIM</b>					
<b>*POOL CLOSED* Starting August 18</b> <b>MYST, Murray Youth Swim Team Practice 3:15 - 5:45pm</b>						
6:00 - 7:00pm <b>PURE ENERGY</b>	5:45 - 7:45pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	6:00 - 7:00pm <b>PURE ENERGY</b>	5:45 - 7:45pm <b>MAKE A SPLASH SWIM SCHOOL*</b> 3 lanes for members	6:00 - 7:00pm <b>PURE ENERGY</b>		
7:00 - 8:00pm <b>OPEN SWIM</b>		7:00 - 8:00pm <b>OPEN SWIM</b>		7:00 - 8:00pm <b>OPEN SWIM</b>		

## Class Descriptions

*Two lap lanes are open during classes.*

**Aqua Fit:** Aqua Fit provides an excellent low-impact workout to individuals of all abilities and ages. Aqua Fit exercises are designed to relieve stress on the joints while improving flexibility, strength, and cardiovascular endurance.

*Instructors: Tammi, Ronda, Janna*

**Pure Energy:** A high-energy water aerobics class with resistance training exercises for the upper body, lower body, and core. Exercises in both shallow water and deep water are designed to improve strength and endurance.

*Instructors: Reid, Kaden*

### **NO ONE IS ALLOWED IN THE POOL AREA ALONE**

If you find yourself in the pool alone, call the front desk:  
270-762-1348

## Swim Lessons & Coaching

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

**Murray Youth Swim Team (MYST)** offers a year-round competitive swim team at the Center for Health and Wellness with professional coaching and technique instruction for all ages and abilities. For information please email: [myst.swimky@gmail.com](mailto:myst.swimky@gmail.com)

**Swim, Bike, Run:** For more information, join the Swim Bike Run Murray Facebook group: [www.facebook.com/groups/sbrmurray](https://www.facebook.com/groups/sbrmurray)

**Private Swim Instruction:** Experience one-on-one swim instruction with Coach Janna Tobergte. Purchase 5, 10, or 15 training sessions and get incremental discounts. Call 270-762-1348 for prices and reservations.

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