

Group Fitness Schedule

DECEMBER 2023



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 - 6:45am LES MILLS BODYPUMP with Amy	6:00 - 6:45am The Spin Cycle with Ronda	5:45 - 6:45am LES MILLS BODYPUMP with Amy		5:45 - 6:45am LES MILLS BODYPUMP with Amy	Follow us for class updates and schedule changes: murraywellnesscenter centerhw	
			7:15 - 8:00am The Spin Cycle with Ronda			
8:00 - 9:00am Cardio Toning with Chris	8:30 - 9:30am Strength with Sarah	8:00 - 9:00am Cardio Toning with Chris	8:30 - 9:30am Strength with Sarah	8:00 - 9:00am Core Essentials with Chris	8:00 - 9:00am LES MILLS BODYPUMP Virtual	
9:15 - 10:15am Yoga with Sarah	9:45 - 10:15am LES MILLS BODYBALANCE Virtual	9:15 - 10:15am Yoga with Sarah	9:45 - 10:15am LES MILLS BODYBALANCE Virtual	9:15 - 10:00am Chair Yoga with Sarah	9:30 - 10:30am Yoga with Raylene	
10:30am - 5:00pm Open Gym On-Site On Demand LES MILLS VIRTUAL	10:30am - 3:45pm	10:30am - 5:00pm Open Gym On-Site On Demand LES MILLS VIRTUAL	10:30am - 3:45pm	10:30am - 5:00pm Open Gym On-Site On Demand LES MILLS VIRTUAL	10:35am - 1:45pm Open Gym On Demand	12:00 - 3:45pm Open Gym On Demand
	4:00 - 4:50pm Simply Yoga with Renee		4:00 - 4:50pm Simply Yoga with Renee			
5:30 - 6:30pm LES MILLS BODYPUMP with Patrick	5:30 - 6:30pm ZUMBA with Ashley	5:30 - 6:30pm LES MILLS BODYPUMP with Patrick	5:30 - 6:30pm ZUMBA with Sheena	5:30 - 6:30pm LES MILLS BODYPUMP with Patrick		
6:45 - 7:45pm Open Gym On-Site On Demand		6:45 - 7:45pm Yoga with Raylene	6:45 - 7:45pm Open Gym On-Site On Demand		Facility Hours: Monday - Friday 5:00am - 8:00pm Saturday 7:00am - 2:00pm Sunday 12:00pm - 4:00pm	

www.mcchwellness.com

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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*

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*

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*

The Spin Cycle 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. *Instructor: Sarah*

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*

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*



BODYBALANCE is a yoga-based workout with elements of Tai Chi and Pilates set to music. It will improve your mind, body, and life.

RPM: With great music pumping, your instructor takes you on a journey of hill climbs, sprints and flat riding. In an RPM workout you repeatedly spin the pedals to reach your cardio peak then ease back down, keeping pace with the pack to lift your personal performance and boost your cardio fitness.

On Demand: Browse the iPad next to the TV to choose from hundreds of Les Mills Virtual classes.

