




Group Fitness Schedule

July 2025



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

Facility Hours: Monday-Friday 5am - 8pm | Saturday 7am - 2pm | Sunday 12pm - 4pm
270-762-1348 | 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*