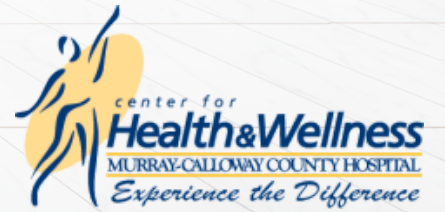




Group Fitness Schedule

September 2026



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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	7:00-7:45am OPEN GYM	
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	8:00 - 9:00am BODYPUMP with Amy/Pat	
9:15-10:15am YOGA with Sarah	9:15 - 10:15am YOGA with Stacey	9:15-10:15am YOGA with Sarah	9:15-10:15am YOGA with Stacey	9:15-10:00am CHAIR YOGA with Sarah	9:30-10:30am YOGA with Renee	
10:30-11:15am CHAIR YOGA with Sarah	10:30-11:15am FOREVER FIT with Ronda	10:30-4:00pm OPEN GYM	10:30-11:15am FOREVER FIT with Ronda	10:15am-8:00pm OPEN GYM	11:00am - 12:00pm TAI CHI with Robin	12:00-4:00pm OPEN GYM
11:30-4:00pm OPEN GYM	11:30-4:00pm OPEN GYM		11:30-4:00pm OPEN GYM		12:15pm - 2:00pm OPEN GYM	
4:15-5:00pm STRENGTH with Reid	4:15-5:00pm BOOTCAMP with Sarah	4:15-5:00pm STRENGTH with Reid	4:15-5:00pm BOOTCAMP with Sarah		★★★★★ REVIEW US!	
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			
6:45 - 8:00pm 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*

Boot Camp is a high-energy, full-body workout designed to build strength, improve cardiovascular endurance, and boost overall fitness in a fun, supportive group setting. Each class combines functional strength training, cardio intervals, and bodyweight exercises to challenge you while offering modifications for every fitness level. *Instructor: Sarah*

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*

Forever Fit is a 45-minute, all-levels strength class designed to help you maintain muscle, support bone health, and feel strong in your everyday activities. Using dumbbells, bodyweight exercises, and safe functional movement, this class focuses on improving strength, balance, and mobility in a supportive, encouraging environment. Perfect for active older adults or anyone looking for a low-impact, strength-building workout that supports long-term health and independence. *Instructor: Ronda*

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, Juliana*

Tai Chi is a gentle, low-impact practice that combines slow, flowing movements with deep breathing and mindfulness. Often described as "meditation in motion," Tai Chi helps improve balance, flexibility, coordination, posture, and overall strength while reducing stress and promoting relaxation. *Instructor: Robin*

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: Sarah, Stacey, Raylene, Renee*

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, Shella*

