

GROUP FITNESS SCHEDULE *Effective May 1, 2023*

MONDAY		
9:00 AM	*Spinning	Marlene
9:00 AM	*Sweat and Sculpt	Lindsey
10:45 AM	Easy Does It	Becky
4:30 PM	Yoga	Julie J
6:00 PM	*Pop Pilates	Marlene
6:00 PM	*Spinning	Bonnie
TUESDAY		
5:45 AM	Spinning	Becky
9:00 AM	*Muscle Up	Becky
10:00 AM	*High Fitness	Holli
4:00 PM	Kid's Fitness ages 10-14 thru 5/16	Marlene/Kate
6:00 PM	*Yoga	Rachel K.
7:00 PM	Muscle Up *NEW CLASS*	Kate
WEDNESDAY		
5:45 AM	Total Body Conditioning	Deb
9:00 AM	*Pop Pilates	Victoria
6:00 PM	*TRX	Brittany
THURSDAY		
5:45 AM	Spinning	Emily
9:00 AM	*Yoga	Julie J
10:45 AM	Easy Does It	Thelxi
6:30 PM	*Yoga	Danae
6:30 PM	Spinning	Rachelle
FRIDAY		
8:15 AM	Core (40 min fast blast)	Julie K.
9:00 AM	*TRX	Julie K
SATURDAY		
7:15 AM	Spinning	Emily
7:15 AM	Pop Barre	Becky C.
8:30 AM	Yoga	Julie J.
8:30 AM	Spinning	Rotate
9:30 AM	TRX	Brittany

MONDAY		
9:00 AM	*Aqua Deep	Katie
6:00 PM	*Aqua Fit Shallow	Carrie
TUESDAY		
7:45 AM	Aqua Fit Shallow	Julie K.
9:00 AM	*Aqua Fit Shallow	Julie K.
6:30 PM	*Aqua Deep	Marlene
WEDNESDAY		
9:00 AM	*Aqua Deep	Julie K.
6:00 PM	*Aqua Fit Shallow	Julie S.
THURSDAY		
7:45 AM	Aqua Fit Shallow	Thelxi
9:00 AM	*Aqua Fit Shallow	Thelxi
6:30 PM	Aqua Deep	Carrie
FRIDAY		
9:00 AM	*Aqua Fit Deep	Carrie

The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance challenges the muscles. Water lends itself to a well-balanced workout that improves all major components of physical fitness – aerobic training, muscle strength and endurance, flexibility and body composition. Back to back class sizes may be restricted.

KIDZONE HOURS		
MONDAY	9:00 -11am & 5:30-7:30 pm	Join us for our Summer Aqua Schedule in the Murray Outdoor Pool beginning June 5th.
TUESDAY	9:00 -11am & 5:30-7:30 pm	
WEDNESDAY	9:00 -11am & 5:30-7:30 pm	
THURSDAY	9:00 -11am	
FRIDAY	9:00 -11am	
KIDZONE CHILDCARE RATES		
\$3	Single Hour	
\$25	One 10 hour punch card	
\$40	Two 10 hour punch cards (20 hours total)	

NOTE: 1st hour FREE for children on ANNUAL Park Center Membership ages 2-9. State Licensing determines child ratio. * indicates KIDZONE is available. RESERVATIONS ARE REQUIRED ONLINE WWW.MCREG.COM. No off-site service available.

Classes and schedules are subject to change due to staffing and capacity. Please visit us on social media for updates.

SUNDAY		
9:15 AM	Spinning	Bonnie/Emily
10:45 AM	Yoga	Rachel K.