

MSCR Adult Fitness Fall 2010 Class Schedule

EAST

	Class	Location	Date	Time	Cost	Course #	Instructor
	Yoga Flow	Goodman CC	9/13-11/15	12-1 pm	\$42	33555	Dee
	Yoga Flow	Kennedy	9/20-11/15	5:30-6:15 pm	\$29	33556	Jeanne
MON	15/15/15/ Dance	Kennedy	9/20-11/15	6:20-7:05 pm	\$29	33436	Jeanne
	Zumba	Mendota	9/20-11/15	6-6:55 pm	\$38	33478	Sarah
	20/20/20	Mendota	9/20-11/15	7-8 pm	\$38	33357	Sarah
	Yoga Flow	Emerson	9/21-11/16	6-6:55 pm	\$38	33557	Lisa
	Hatha Yoga - Continuing	Emerson	9/21-11/16	7-7:55 pm	\$38	33549	Lisa
TUES	Pilates	Glendale	9/21-11/16	6-6:55 pm	\$38	33445	Laura
	Tai Chi Yang - Continuing	Goodman CC	9/14-11/23	6:30-7:30 pm	\$42	33469	Jody
	Zumba	Lowell	9/21-11/16	6-6:55 pm	\$38	33483	Danette
	Rock Hard Abs	Lowell	9/21-11/16	7-7:30 pm	\$19	33455	Danette
	Boot Camp Extreme - NEW!	Goodman CC	9/15-11/17	6:30-7:25 pm	\$42	33541	Greg
	Boot Camp Basics - NEW!	Goodman CC	9/15-11/17	7:35-8:30 pm	\$42	33538	Greg
	Yoga Flow Dance - NEW!	Lowell	9/22-11/17	6-6:55 pm	\$38	33474	Jeanne
WED	Prenatal Yoga -NEW!	Lowell	9/22-11/17	7-7:45 pm	\$29	33452	Jeanne
	15/15/15/ Dance	Lowell	9/22-11/17	7:50-8:35 pm	\$29	33437	Jeanne
	Pilates & Yoga Fusion	Kennedy	9/22-11/17	6-6:55 pm	\$38	33451	Brenda
	Rock Hard Abs	Kennedy	9/22-11/17	7-7:30 pm	\$19	33456	Brenda
	Art of Belly Dance - Beginning	Glendale	9/23-11/18	6-6:55 pm	\$38	33432	Seana
	Zumba	Glendale	9/23-11/18	7-7:55 pm	\$38	33487	Joe
THUR	20/20/20	Goodman CC	9/16-11/18	6:00-7:00 pm	\$42	33361	Kisha
	Zumba	Lowell	9/23-11/18	6-6:55 pm	\$38	33488	Angie
	Belly Dance Fitness	Lowell	9/23-11/18	7-7:55 pm	\$38	33371	Angie
	Tai Chi Yang - Beginning	Schenk	9/23-11/18	7-7:55 pm	\$38	33468	Jody



MSCR Adult Fitness Fall 2010 Class Schedule

WEST

	Class	Location	Date	Time	Cost	Course #	Instructor
	Zumba	Boys & Girls Club	9/20-11/15	6:30-7:25 pm	\$38	33482	Sara S.
	Cardio Fit	Chavez	9/20-11/15	6-6:55 pm	\$38	33439	Dawn W.
	Rock Hard Abs	Chavez	9/20-11/15	7-7:30 pm	\$19	33454	Dawn W.
	Art of Belly Dance - Beginning	Hoyt-MSCR RM 13	9/20-11/15	6:15-7:15 pm	\$38	33637	Tashar
	Art of Belly Dance - Continuing	Hoyt-MSCR RM 13	9/20-11/15	7:20-8:35 pm	\$48	33638	Tashar
	Zumba* (easier steps, lower intensity)	Hoyt-MSCR GYM	10/25-11/22	4-4:45 pm	\$16	33633	Amber
	Zumba	Hoyt-MSCR GYM	9/13-10/18	4:45-5:40 pm	\$26	33479	Brit
MON	Zumba	Hoyt-MSCR GYM	10/25-11/22	4:50-5:45 pm	\$21	33480	Amber
	Boot Camp Basics - NEW!	Hoyt-MSCR GYM	9/13-11/15	5:50-6:45 pm	\$42	33537	Greg
	Rock Hard Abs	Hoyt-MSCR GYM	9/13-11/15	6:50-7:20 pm	\$21	33453	Greg
	Boot Camp Extreme - NEW!	Hoyt-MSCR GYM	9/13-11/15	7:25-8:20 pm	\$42	33540	Greg
	Zumba	Meadowood	9/20-11/15	6-6:55 pm	\$38	33481	Brit
	20/20/20	Chavez	9/28-11/16	6:30-7:25 pm	\$34	33559	Sarah
	Yoga Flow	Chavez	9/28-11/16	7:30-8:30 pm	\$34	33558	Sarah
	Yoga Flow	Hoyt-MSCR RM 17	9/21-11/16	12-12:45 pm	\$29	33559	Dee
	Strong Women	Hoyt-MSCR GYM	9/21-11/16	4:45-5:45 pm	\$38	33466	Jean
	Total Toning	Lussier	9/14-11/16	7:15-8 pm	\$32	33470	McKenzie
	Hatha Yoga	Meadowood	9/21-11/16	6-6:55 pm	\$38	33547	Jane
TUES	15/15/15	Meadowood	9/21-11/16	7-7:45 pm	\$29	33355	Janelle
	Strength & Stroll - NEW!	Shorewood	9/14-10/26	8:30-9:30 am	\$30	33635	Jessica
	Zumba	Shorewood	9/14-11/16	10:45-11:40 am	\$42	33484	Seana
	Belly Dance Fitness	Shorewood	9/14-11/16	11:45 am-12:40 pm	\$42	33369	Seana
	Hatha Yoga	Shorewood	9/14-11/16	4:30-5:30 pm	\$42	33545	Mary K
	Meditation	Shorewood	9/14-11/16	5:40-6:10 pm	\$21	33444	Mary K
	Pilates	Thoreau	9/7-11/9	6-6:55 pm	\$38	33446	Paul
	Hatha Yoga	Thoreau	9/7-11/9	7:05-8 pm	\$38	33546	Paul
	Running 101 -NEW!	Hoyt-MSCR RM13	9/8-10/13	4:45-5:45 pm	\$26	33459	Jessica
	Indoor Cycling - NEW!	Memorial RM 250	9/22-11/17	6:15-7:10 pm	\$38	33441	Michael
WED	Indoor Cycling - NEW!	Memorial RM 250	10/20-11/17	7:15-8:10 pm	\$21	33442	Michael
	Rock Hard Abs	Muir	10/27-11/24	5:30-6 pm	\$11	33457	Amber
	Zumba	Muir	10/27-11/24	6:05-7 pm	\$21	33486	Amber
	Zumba	Chavez	9/23-11/18	6:30-7:25 pm	\$38	33490	Trish
	Boot Camp Extreme - NEW!	Hoyt-MSCR GYM	9/16-11/18	6:15-7:15 am	\$42	33542	Greg
	Running 101 -NEW!	Hoyt-MSCR RM 13	9/9-10/14	4:45-5:45 pm	\$26	33460	Jessica
	Hatha Yoga Continuing	Hoyt-MSCR RM 13	9/23-11/18	6-6:55 pm	\$38	33550	Jane
	Zumba	Lussier	9/16-11/18	6-6:55 pm	\$42	33489	Brit
THUR	Boot Camp Basics - NEW!	Lussier	9/16-11/18	7-7:55 pm	\$42	33539	Greg
	Boot Camp Extreme - NEW!	Lussier	9/16-11/18	8-8:45 pm	\$32	33543	Greg
	Hatha Yoga	Shorewood	9/16-11/18	9:45-10:45 am	\$42	33548	Mary K
	Strength & Stroll - NEW!	Shorewood	9/16-10/28	11-11:55 am	\$30	33636	Kisha
	Rock Hard Abs	Shorewood	9/16-10/28	12-12:30 pm	\$15	33562	Kisha
SAT	Yoga Flow	Hoyt-MSCR RM 17	9/11-11/20	8:45-9:45 am	\$42	33561	Lisa

**Class instructors may change