



# WINTER & SPRING 2025

## Adult Fitness Class Schedule & Instructor List

(Aquatics Fitness Located in Program Guide)



### MSCR CENTRAL

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
WINTER	Mindfulness Movement & Joint	Mimi M.	M	1/6	3/17	6:00 PM	7:00 PM	\$50	42304
	Yoga Flow	Anne D.	T	1/7	3/18	5:45 PM	6:45 PM	\$55	42231
	WERQ	Fawn C.	T	1/7	3/18	6:30 PM	7:15 PM	\$55	42279
	Yoga Amped	Grace H.	T	1/14	3/18	5:30 PM	6:15 PM	\$50	41735
	Barre Fusion	Katrina B.	W	1/8	3/19	6:30 PM	7:15 PM	\$50	41681
	WERQ	Katrina B.	W	1/8	3/19	5:30 PM	6:15 PM	\$50	42292
	Mindfulness Movement & Gut Health	Mimi M.	W	1/8	3/19	6:00 PM	7:00 PM	\$55	42300
	Zumba	Jacqueline H.	Th	1/9	3/20	6:00 PM	6:45 PM	\$55	41743
Yoga Amped	Grace H.	Th	1/16	3/20	7:15 AM	8:00 AM	\$50	41737	
SPRING	Mindfulness Movement & Joint	Mimi M.	M	3/31	6/2	6:00 PM	7:00 PM	\$45	42307
	Yoga Flow	Anne D.	T	4/1	6/3	5:45 PM	6:45 PM	\$50	41742
	WERQ	Fawn C.	T	4/1	6/3	6:30 PM	7:15 PM	\$50	41767
	Yoga Amped	Grace H.	T	4/1	6/3	5:30 PM	6:15 PM	\$50	41736
	Barre Fusion	Katrina B.	W	4/2	5/21	6:30 PM	7:15 PM	\$40	41682
	WERQ	Katrina B.	W	4/2	5/21	5:30 PM	6:15 PM	\$40	42293
	Mindfulness Movement & Gut Health	Mimi M.	W	4/2	6/4	6:00 PM	7:00 PM	\$50	42301
	Zumba	Jacqueline H.	Th	4/3	6/5	6:00 PM	6:45 PM	\$50	41744
Yoga Amped	Grace H.	Th	4/3	6/5	7:15 AM	8:00 AM	\$50	41738	

### MSCR EAST

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
WINTER	Row Fit	Aarika M.	M	1/6	3/17	4:00 PM	4:45 PM	\$50	41720
	Row Fit	Aarika M.	M	1/6	3/17	5:00 PM	5:45 PM	\$50	42286
	Drop In Fitness	TBD	M	1/6	3/17	6:00 PM	7:00 PM	\$0	42318
	Small Group Training	Lynelle H.	M	1/6	3/17	5:00 PM	5:45 PM	\$65	41722
	WERQ	Keena A.	M	1/6	3/17	6:00 PM	6:45 PM	\$50	41731
	Classic Cardio & Toning	Karin V.	T	1/7	3/18	5:30 PM	6:15 PM	\$55	41689
	Total Body Fitness	Angelique M.	W	1/8	3/19	6:30 PM	7:30 PM	\$55	42314
	Barre Sculpt	Ellen U.	W	1/8	3/12	5:15 PM	6:00 PM	\$50	42242
	LGBTQIA+ Yoga	Mick M.	W	1/8	3/19	5:15 PM	6:15 PM	\$55	41709
	Cardio Dance	Lizzy O.	Th	1/9	3/20	6:30 PM	7:15 PM	\$55	41687
	Strength Training for Women	Lynelle H.	Th	1/9	3/20	4:15 PM	5:00 PM	\$55	42295
	Pure Strength	Lynelle H.	Th	1/9	3/20	5:15 PM	6:00 PM	\$55	41717
	Pranayama Yoga	Mick M.	Th	1/9	3/20	7:15 PM	8:15 PM	\$55	41711
	Arms & Abs	Jamie A.	F	1/10	3/21	8:15 AM	9:00 AM	\$50	41677
	Total Body Fitness	Jamie A.	F	1/10	3/21	9:15 AM	10:00 AM	\$50	41728
Yoga Flow	Mick M.	Sa	1/11	3/15	8:30 AM	9:30 AM	\$50	41740	
SPRING	Row Fit	Aarika M.	M	3/31	6/2	4:00 PM	4:45 PM	\$45	41721
	Row Fit	Aarika M.	M	3/31	6/2	5:00 PM	5:45 PM	\$45	42287
	Drop In Fitness	TBD	M	3/31	6/2	6:00 PM	7:00 PM	\$0	42319
	Small Group Training	Lynelle H.	M	3/31	6/2	5:00 PM	5:45 PM	\$59	41723
	WERQ	Keena A.	M	3/31	6/2	6:00 PM	6:45 PM	\$45	41732
	Classic Cardio & Toning	Karin V.	T	4/1	6/3	5:30 PM	6:15 PM	\$50	41690
	Total Body Fitness	Angelique M.	W	4/2	6/4	6:30 PM	7:30 PM	\$50	42315
	Barre Sculpt	Ellen U.	W	4/9	6/4	5:15 PM	6:00 PM	\$45	42250
	Cardio Dance	Lizzy O.	Th	4/3	6/5	6:30 PM	7:15 PM	\$50	41688
	Strength Training for Women	Lynelle H.	Th	4/3	6/5	4:15 PM	5:00 PM	\$50	42296
	Pure Strength	Lynelle H.	Th	4/3	6/5	5:15 PM	6:00 PM	\$50	41718
	Pranayama Yoga	Mick M.	Th	4/3	6/5	7:15 PM	8:15 PM	\$45	41712
	Arms & Abs	Jamie A.	F	4/4	6/6	8:15 AM	9:00 AM	\$50	41679
	Yoga Flow	Mick M.	Sa	4/5	5/17	8:30 AM	9:30 AM	\$30	41741

## MSCR WEST

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
<b>WINTER</b>	Gentle Yoga	Erika F.	M	1/6	3/17	5:45 PM	6:45 PM	\$50	42321
	TRX Express	TBD	M	1/6	3/17	5:00 PM	5:30 PM	\$25	42297
	TRX Suspension Training	TBD	M	1/6	3/17	4:10 PM	4:55 PM	\$50	42306
	HIIT	Valentina A.	M	1/6	3/17	6:45 PM	7:30 PM	\$50	41705
	Pure Strength	Valentina A.	M	1/6	3/17	5:45 PM	6:30 PM	\$50	41713
	Strength Training for Women	Beth P.	T	1/7	3/18	4:45 PM	5:30 PM	\$55	41726
	Total Body Fitness	Beth P.	T	1/7	3/18	5:45 PM	6:30 PM	\$55	41730
	Yoga Flow	Heidi G.	T	1/7	3/18	7:15 PM	8:15 PM	\$55	41739
	Barre Sculpt	Heather R.	T	1/14	3/11	5:00 PM	5:45 PM	\$45	42253
	Bootcamp	Aarika M.	W	1/8	3/19	5:15 PM	6:00 PM	\$55	42316
	Small Group Training	Aarika M.	W	1/8	3/19	6:15 PM	7:00 PM	\$72	41724
	BollyX Dance	Jacqueline H.	W	1/8	3/19	6:00 PM	6:45 PM	\$50	41685
	Barre Sculpt	Alaina G.	Th	1/9	3/20	5:00 PM	6:00 PM	\$50	41683
	Kickbox Cardio	Elizabeth P.	Th	1/9	3/20	4:45 PM	5:30 PM	\$55	41708
	PiYo	Elizabeth P.	Th	1/9	3/20	5:45 PM	6:30 PM	\$55	42309
	WERQ	Sia F.	Th	1/9	3/20	6:45 PM	7:30 PM	\$55	41733
	Pure Strength	Valentina A.	Th	1/9	3/20	5:45 PM	6:30 PM	\$55	41715
	FNF - Step Pump	Mindy V.	F	1/10	1/10	5:15 PM	6:15 PM	\$5	42334
	Gentle Yoga Flow	Catherine K.	Sa	1/11	3/15	10:30 AM	11:30 AM	\$50	41698
	Classic Cardio & Toning	Karin V.	Sa	1/11	3/15	9:00 AM	10:00 AM	\$50	41693
	Pure Strength	Valentina A.	Sa	1/11	3/15	8:30 AM	9:15 AM	\$50	41719
Core Flow	Grace H.	Sa	1/18	3/15	9:30 AM	10:15 AM	\$45	42330	
Yoga Amped	Grace H.	Sa	1/18	3/15	8:30 AM	9:15 AM	\$45	42229	
Barre Sculpt	Heather R.	Sa	1/18	3/8	8:30 AM	9:15 AM	\$40	42257	
<b>SPRING</b>	Gentle Yoga	Erika F.	M	3/31	6/2	5:45 PM	6:45 PM	\$45	42323
	TRX Express	TBD	M	3/31	6/2	5:00 PM	5:30 PM	\$23	42302
	TRX Suspension Training	TBD	M	3/31	6/2	4:10 PM	4:55 PM	\$45	42308
	HIIT	Valentina A.	M	3/31	6/2	6:45 PM	7:30 PM	\$45	41706
	Pure Strength	Valentina A.	M	3/31	6/2	5:45 PM	6:30 PM	\$45	41714
	Strength Training for Women	Beth P.	T	4/1	6/3	4:45 PM	5:30 PM	\$45	42294
	Total Body Fitness	Beth P.	T	4/1	6/3	5:45 PM	6:30 PM	\$45	41729
	Barre Sculpt	Heather R.	T	4/1	6/3	5:00 PM	5:45 PM	\$50	42255
	Yoga Flow	Heidi G.	T	4/1	6/3	7:15 PM	8:15 PM	\$50	42329
	Bootcamp	Aarika M.	W	4/2	6/4	5:15 PM	6:00 PM	\$50	42317
	Small Group Training	Aarika M.	W	4/2	6/4	6:15 PM	7:00 PM	\$65	41725
	BollyX Dance	Jacqueline H.	W	4/9	6/4	6:00 PM	6:45 PM	\$45	41686
	Workshop - Ride With Friends, Travel By Bicycle	Annie	Th	4/3	4/3	4:30 PM	6:30PM	\$5	42404
	WERQ	Sia F.	Th	4/3	6/5	6:45 PM	7:30 PM	\$50	41734
	Pure Strength	Valentina A.	Th	4/3	6/5	5:45 PM	6:30 PM	\$45	41716
	Barre Sculpt	Alaina G.	Th	4/10	5/29	5:00 PM	6:00 PM	\$40	41684
	Workshop - Digitize Your Ride, Ride w	Annie	Th	4/10	4/10	4:30 PM	6:30PM	\$5	42405
	Gentle Yoga Flow	Catherine K.	Sa	4/5	5/17	10:30 AM	11:30 AM	\$35	41699
	Core Flow	Grace H.	Sa	4/5	5/17	9:30 AM	10:15 AM	\$35	42331
	Yoga Amped	Grace H.	Sa	4/5	5/17	8:30 AM	9:15 AM	\$35	42230
	Barre Sculpt	Heather R.	Sa	4/5	5/17	8:30 AM	9:15 AM	\$30	42258
Classic Cardio & Toning	Karin V.	Sa	4/5	5/17	9:00 AM	10:00 AM	\$35	41694	
Pure Strength	Valentina A.	Sa	4/5	5/17	8:30 AM	9:15 AM	\$35	42274	

## WARNER PARK

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
WINTER	Hatha Yoga I	Kurt R.	M	1/6	3/17	7:00 PM	8:00 PM	\$50	41700
	Hatha Yoga II	Kurt R.	M	1/6	3/17	5:30 PM	6:45 PM	\$50	41702
	Strength Training for Women	Lisa H.	M	1/6	3/17	12:00 PM	12:45 PM	\$50	41727
	Mat Pilates	Ellen U.	T	1/7	3/11	8:30 AM	9:30 AM	\$50	41675
	Gentle Flow & Meditation	Mick M.	T	1/7	3/18	5:30 PM	6:30 PM	\$55	41696
	Classic Cardio & Toning	Karin V.	W	1/8	3/19	5:00 PM	6:00 PM	\$55	41691
SPRING	Hatha Yoga I	Kurt R.	M	3/31	6/2	7:00 PM	8:00 PM	\$45	41701
	Hatha Yoga II	Kurt R.	M	3/31	6/2	5:30 PM	6:45 PM	\$45	41703
	Strength Training for Women	Lynelle H.	M	3/31	6/2	12:00 PM	12:45 PM	\$45	42332
	Gentle Flow & Meditation	Mick M.	T	4/1	6/3	5:30 PM	6:30 PM	\$45	41697
	Mat Pilates	Ellen U.	T	4/8	6/3	8:30 AM	9:30 AM	\$45	41676
	Classic Cardio & Toning	Karin V.	W	4/2	6/4	5:00 PM	6:00 PM	\$50	41692

## VIRTUAL

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
WINTER	Barre Sculpt - Virtual	Galia P.	M	1/6	3/17	5:30 PM	6:15 PM	\$50	41755
	WERQ - Virtual	Keena A.	M	1/6	3/17	6:00 PM	6:45 PM	\$50	41763
	Arms & Abs - Virtual	Jamie A.	M	1/6	3/17	8:15 AM	9:00 AM	\$45	41754
	Pure Strength - Virtual	Lisa H.	M	1/6	3/17	7:00 AM	7:45 AM	\$50	42281
	Yin Yoga - Virtual	Clare N.	T	1/7	3/18	7:00 PM	8:00 PM	\$55	41765
	Mat Pilates - Virtual	Ellen U.	T	1/7	3/11	6:00 PM	6:45 PM	\$50	41758
	Yoga Sculpt - Virtual	Lisa H.	T	1/7	3/18	7:00 AM	7:45 AM	\$55	42254
	Total Body Fitness - Virtual	Jamie A.	W	1/8	3/19	11:00 AM	11:45 AM	\$50	41762
	Barre Sculpt - Virtual	Lisa H.	W	1/8	3/19	7:00 AM	7:45 AM	\$55	42262
	Pure Strength - Virtual	Jamie A.	Th	1/9	3/20	5:00 PM	5:45 PM	\$50	41759
	T'ai Chi Flow - Virtual	Kevin W,	Th	1/9	3/20	6:00 PM	7:00 PM	\$55	41761
	Hatha Yoga II - Virtual	Kurt R.	Th	1/9	3/20	5:30 PM	6:45 PM	\$55	41757
	Arms & Abs - Virtual	Jamie A.	F	1/10	3/21	8:15 AM	9:00 AM	\$50	41753
	Yin Yoga - Virtual	Clare N.	Sa	1/11	3/15	10:15 AM	11:15 AM	\$50	41764
Gentle Yoga - Virtual	Galia P.	Su	1/12	3/16	5:00 PM	6:00 PM	\$50	41756	
SPRING	Barre Sculpt - Virtual	Galia P.	M	3/31	6/2	5:30 PM	6:15 PM	\$45	42261
	WERQ - Virtual	Keena A.	M	3/31	6/2	6:00 PM	6:45 PM	\$45	42285
	Pure Strength - Virtual	Lisa H.	M	3/31	6/2	7:00 AM	7:45 AM	\$45	42283
	Arms & Abs - Virtual	Jamie A.	M	3/31	6/2	8:15 AM	9:00 AM	\$45	42206
	Yin Yoga - Virtual	Clare N.	T	4/1	6/3	7:00 PM	8:00 PM	\$50	42227
	Mat Pilates - Virtual	Ellen U.	T	4/8	6/3	6:00 PM	6:45 PM	\$45	42268
	Yoga Sculpt - Virtual	Lisa H.	T	4/1	6/3	7:00 AM	7:45 AM	\$50	42256
	Total Body Fitness - Virtual	Jamie A.	W	4/2	6/4	11:00 AM	11:45 AM	\$50	42312
	Barre Sculpt - Virtual	Lisa H.	W	4/2	6/4	7:00 AM	7:45 AM	\$50	42263
	Pure Strength - Virtual	Jamie A.	Th	4/3	6/5	5:00 PM	5:45 PM	\$50	41760
	T'ai Chi Flow - Virtual	Kevin W,	Th	4/3	6/5	6:00 PM	7:00 PM	\$50	42311
	Hatha Yoga II - Virtual	Kurt R.	Th	4/3	6/5	5:30 PM	6:45 PM	\$45	42267
	Arms & Abs - Virtual	Jamie A.	F	4/4	6/6	8:15 AM	9:00 AM	\$50	42205
	Yin Yoga - Virtual	Clare N.	Sa	4/5	5/14	10:15 AM	11:15 AM	\$35	42226
Gentle Yoga - Virtual	Galia P.	Su	4/6	5/18	5:00 PM	6:00 PM	\$30	42265	

## OUTDOOR

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course #
SPRING	Gentle Yoga Flow - Outdoor	Ellen U.	M	4/21	6/2	5:00 PM	6:00 PM	\$30	41746
	Kickbox Cardio - Outdoor	Joanne H.	T	4/22	6/3	4:45 PM	5:30 PM	\$35	41748
	Pure Strength - Outdoor	Joanne H.	T	4/22	6/3	5:40 PM	6:25 PM	\$35	41752
	LGBTQIA+ Yoga - Outdoor	Mick M.	W	4/30	6/4	5:30 PM	6:30 PM	\$30	41749
	Kickbox Cardio - Outdoor	Elizabeth P.	Th	4/24	6/5	4:45 PM	5:30 PM	\$35	41747
	PiYo - Outdoor	Elizabeth P.	Th	4/24	6/5	5:40 PM	6:25 PM	\$35	42310
	Bicycling - Back in the Saddle - Outdoor	Annie	Th	5/1	5/22	5:30 PM	7:30PM	\$20	42403
	Pure Strength - Outdoor	Jamie A.	F	4/25	6/6	9:30 AM	10:15 AM	\$35	41751