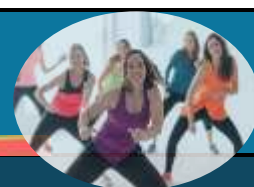




SUMMER 2025

Adult Fitness Class Schedule & Instructor List



MSCR CENTRAL

Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Mindfulness Movement & Joint	Kelly M.	M	6/23	8/18	6:00 PM	7:15 PM	\$45	43737
Yoga Amped	Grace H.	T	6/24	8/19	5:30 PM	6:15 PM	\$45	43004
Yoga Flow	Anne D.	T	6/24	8/19	5:45 PM	6:45 PM	\$40	43006
WERQ	Fawn C.	T	6/24	8/12	6:30 PM	7:15 PM	\$40	43000
WERQ	Katrina B.	W	6/25	8/20	5:30 PM	6:15 PM	\$45	42998
Mindfulness Movement & Gut Health	Mimi M.	W	6/25	8/20	6:00 PM	7:15 PM	\$45	43742
Barre Fusion	Katrina B.	W	6/25	8/20	6:30 PM	7:15 PM	\$45	42952
Yoga Amped	Grace H.	TH	6/26	8/21	7:15 AM	8:00 AM	\$40	43005
Zumba	Jacqueline H.	TH	6/26	8/21	6:00 PM	6:45 PM	\$40	43007

MSCR EAST

Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Row Fit	Aarika M.	M	6/23	8/18	4:00 PM	4:45 PM	\$45	43727
Row Fit	Aarika M.	M	6/23	8/18	5:00PM	5:45 PM	\$45	43728
Small Group Training	Lynelle H.	M	6/23	8/18	5:00 PM	5:45 PM	\$59	42990
WERQ	Keena A.	M	6/23	8/18	6:00 PM	6:45 PM	\$45	42999
Cardio Dance & Toning	Karin V.	T	6/24	8/19	5:30 PM	6:15 PM	\$45	42960
Pure Strength	Aubrie M.	T	6/24	8/19	6:30 PM	7:15 PM	\$40	44077
Total Body Fitness	Angelique M.	W	6/25	8/20	6:30 PM	7:30 PM	\$45	42996
WERQ Like a Boss	Fawn C.	W	6/25	8/20	6:30 PM	7:15 PM	\$45	44078
Strength Training for Women	Lynelle H.	TH	6/26	8/21	4:15 PM	5:00PM	\$40	43740
Pure Strength	Lynelle H.	TH	6/26	8/21	5:15 PM	6:00 PM	\$40	42983
Yoga Flow	Mick M.	TH	7/10	8/21	5:30 PM	6:30 PM	\$30	42972
Cardio Dance	Lizzy O.	TH	6/26	8/21	6:30 PM	7:15 PM	\$60	42959
Pranayama Yoga	Mick M.	TH	7/10	8/21	6:45 PM	7:45 PM	\$45	42981
Arms & Abs	Jamie A.	F	6/27	8/22	8:15 AM	9:00 AM	\$35	42948

MSCR WEST

Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Gentle Yoga	Erika F.	M	6/23/2025	8/18/2025	5:45 PM	6:45 PM	\$40	42962
Pure Strength	Valentina A.	M	7/14/2025	8/18/2025	5:45 PM	6:30 PM	\$30	43747
HIIT	Valentina A.	M	7/14/2025	8/18/2025	6:45 PM	7:30 PM	\$30	42969
Total Body Fitness	Oliver S.	T	6/24/2025	8/19/2025	5:45 PM	6:30 PM	\$45	44034
Yoga Flow	Heidi G.	T	6/24/2025	8/19/2025	7:15 PM	8:15 PM	\$45	43731
Boot Camp	TBD	W	6/25/2025	8/20/2025	5:15 PM	6:00 PM	\$45	44035
BollyX Dance	Jacqueline H.	W	6/25/2025	8/20/2025	6:00 PM	6:45 PM	\$45	42958
Barre Sculpt	Alaina G.	Th	6/26/2025	8/21/2025	5:00 PM	6:00 PM	\$40	42953
WERQ	Sia F.	Th	6/26/2025	8/21/2025	6:45 PM	7:30 PM	\$40	43745
Pure Strength	Valentina A.	Th	7/17/2025	8/21/2025	5:45 PM	6:30 PM	\$30	42984
HIIT	Valentina A.	Th	7/17/2025	8/21/2025	6:45 PM	7:30 PM	\$30	43749

VIRTUAL

Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Pure Strength	Lisa H.	M	6/23/2025	8/18/2025	7:00 AM	7:45 AM	\$45	42988
Arms & Abs	Jamie A.	M	6/23/2025	8/18/2025	8:15 AM	9:00 AM	\$40	42950
Barre Sculpt	Galia P.	M	6/23/2025	8/18/2025	5:30 PM	6:15 PM	\$45	42954
WERQ	Keena A.	M	6/23/2025	8/18/2025	6:00 PM	6:45 PM	\$45	43001
Yoga Sculpt	Lisa H.	T	6/24/2025	8/19/2025	7:00 AM	7:45 AM	\$45	43738
Zumba	Niki R.	T	6/24/2025	8/19/2025	6:00 PM	6:45 PM	\$45	43008
Mat Pilates	Ellen U.	T	6/24/2025	8/12/2025	6:00 PM	6:45 PM	\$40	42978
Yin Yoga	Clare N.	T	6/24/2025	8/19/2025	7:00 PM	8:00 PM	\$45	43002
Barre Sculpt	Lisa H.	W	6/25/2025	8/20/2025	7:00 AM	7:45 AM	\$40	43739
Total Body Fitness	Jamie A.	W	6/25/2025	8/20/2025	11:00 AM	11:45 AM	\$40	42997
Pure Strength	Jamie A.	Th	6/26/2025	8/21/2025	5:00 PM	5:45 PM	\$35	42987
Yoga - Hatha Yoga II	Kurt R.	Th	6/26/2025	8/21/2025	5:30 PM	6:45 PM	\$35	42968
Tai Chi Flow	Kevin W.	Th	6/26/2025	8/21/2025	6:00 PM	7:00 PM	\$40	42995
Arms & Abs	Jamie A.	F	6/27/2025	8/22/2025	8:15 AM	9:00 AM	\$35	42951
Yoga - Yin Yoga	Clare N.	Sa	6/28/2025	8/16/2025	10:15 AM	11:15 AM	\$35	43729
Gentle Yoga	Galia P.	Su	6/29/2025	8/17/2025	5:00 PM	6:00 PM	\$35	42963

OUTDOOR

Class	Location	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Strength Training for Women	Warner Park	Lynelle H.	M	6/23/2025	8/18/2025	12:00 PM	12:45 PM	\$45	42993
Gentle Yoga Flow	Olbrich Park	Ellen U.	M	6/23/2025	8/11/2025	5:00PM	6:00 PM	\$40	42965
Yoga - Hatha Yoga II	Warner Park	Kurt R.	M	6/23/2025	8/18/2025	5:30PM	6:45 PM	\$40	42967
Yoga - Hatha Yoga I	Warner Park	Kurt R.	M	6/23/2025	8/18/2025	7:00 PM	8:00 PM	\$40	42966
Mat Pilates	Warner Park	Ellen U.	T	6/24/2025	8/12/2025	8:30 AM	9:15 AM	\$40	42977
Kickbox Cardio	Garner Park	Joanne H.	T	6/24/2025	8/19/2025	4:45 PM	5:30 PM	\$45	42974
Boot Camp	Olbrich Park	Julie T.	T	6/24/2025	8/19/2025	5:15 PM	6:15 PM	\$45	43736
Pure Strength	Garner Park	Joanne H.	T	6/24/2025	8/19/2025	5:40 PM	6:25 PM	\$45	42985
Gentle Flow & Meditation	Warner Park	Mick M.	T	7/8/2025	8/19/2025	5:30 PM	6:30 PM	\$30	42961
LGBTQIA+ Yoga	Tenney Park	Mick M.	W	7/9/2025	8/20/2025	5:30 PM	6:30 PM	\$30	42976
Kickbox Cardio	Garner Park	Elizabeth P.	Th	6/26/2025	8/21/2025	4:45 PM	5:30 PM	\$35	42973
PiYo	Garner Park	Elizabeth P.	Th	6/26/2025	8/21/2025	5:40 PM	6:25 PM	\$35	42980
Pure Strength	Acewood Park	Jamie A.	F	6/27/2025	8/22/2025	9:30 AM	10:15 AM	\$35	42986
Yoga Flow	Olbrich Park	Mick M.	Sa	7/12/2025	8/16/2025	8:30 AM	9:30 AM	\$25	43741