



Fall 2025



50+ Fitness Class Schedule & Instructor List

MSCR EAST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Pure Strength	Janelle W.	M	9/8	12/8	8:30 AM	9:15 AM	\$46	44555
Circuit Fitness	Janelle W.	M	9/8	12/8	9:30 AM	10:30 AM	\$60	44511
Gentle Yoga Flow	Ellen U.	M	9/8	12/8	10:30 AM	11:15 AM	\$46	44605
Balance, Strength & Core Stability	Janelle W.	M	11/3	12/8	10:45 AM	11:30 AM	\$20	44989
Cardio Dance	TBD	M	9/8	12/8	10:45 AM	11:45 AM	\$60	44496
Small Group Training	Lynelle H.	M	9/8	12/8	4:00 PM	4:45 PM	\$77	44565
Barre Sculpt	Ellen U.	Tu	9/9	12/9	8:30 AM	9:15 AM	\$46	44491
TRX Suspension Training	Deb S.	Tu	9/9	12/9	9:00 AM	10:00 AM	\$60	44598
Gentle Exercise	Karin V.	Tu	9/9	12/9	10:00 AM	11:00 AM	\$60	44538
Arms & Abs	Karin V.	Tu	9/9	12/9	11:15 AM	12:00 PM	\$46	44485
Row Fit	Lynelle/Mindy	Tu	9/9	12/9	11:45 AM	12:30 PM	\$46	44559
Pure Strength	Karin V.	Tu	9/9	12/9	12:15 PM	1:00 PM	\$46	44553
Chair Exercise	Karin V.	Tu	9/9	12/9	1:15 PM	2:00 PM	\$46	44503
Gentle Yoga Flow	Laura M.	Tu	9/9	12/9	3:00 PM	4:00 PM	\$60	44604
Pilates	Ellen U.	W	9/10	12/10	8:15 AM	9:15 AM	\$60	44548
Cardio Dance & Toning	Karin V.	W	9/10	12/10	9:30 AM	10:30 AM	\$60	44499
Balancing Act	Ellen H.	W	9/10	10/8	10:45 AM	11:45 AM	\$22	44493
Balancing Act	Ellen H.	W	11/12	12/10	10:45 AM	11:45 AM	\$22	44542
Strength Training for Women	Deb S.	W	9/10	12/10	11:00 AM	12:00 PM	\$60	44567
Tai Chi Pole	Bob C.	W	11/5	12/10	3:00 PM	4:00 PM	\$26	44588
Functional Fitness	Deb S.	Th	9/11	12/11	9:00 AM	10:00 AM	\$56	44517
Functional Fitness	Deb S.	Th	9/11	12/11	10:15 AM	11:15 AM	\$56	44518
Yoga Flow	Galia P.	Th	9/11	12/11	10:30 AM	11:30 AM	\$56	44615
Body Groove	Gaylene B.	Th	9/11	12/11	12:00 PM	1:00 PM	\$56	44492
TRX Suspension Training	Deb S.	Th	9/11	12/11	12:00 PM	1:00 PM	\$56	44597
Tai Chi Yang 24 - Refinement	Bob C.	Th	9/11	12/11	1:30 PM	2:30 PM	\$56	44584
Tai Chi Yang - Intro	Bob C.	Th	9/11	12/11	2:45 PM	3:45 PM	\$56	44587
Tai Chi Yang - Continuing	Bob C.	Th	9/11	12/11	4:00 PM	5:00 PM	\$56	45074
Ballroom Basics for Balance	Debra K.	F	9/12	12/12	9:00 AM	10:00 AM	\$56	44490
Cardio Dance	TBD	F	9/12	12/12	10:45 AM	11:45 AM	\$56	44497
Strength Training for Women	Janelle W.	F	9/12	12/12	12:30 PM	1:30 PM	\$56	44568
Circuit Fitness	Janelle W.	F	9/12	12/12	1:45 PM	2:45 PM	\$56	44990

MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Balance, Strength & Core Stability	Marie D.	M	9/8	12/8	9:00 AM	10:00 AM	\$60	44991
Functional Fitness	Karin V.	M	9/8	12/8	9:30 AM	10:30 AM	\$60	44525
Tai Chi Yang 24 - Refinement	John A.	M	11/3	12/8	9:30 AM	10:30 AM	\$26	44592
Gentle Exercise	Marie D.	M	9/8	12/8	10:15 AM	11:15 AM	\$60	44540
Functional Fitness	Karin V.	M	9/8	12/8	10:45 AM	11:45 AM	\$60	44526
Functional Fitness	Julie M.	M	9/8	12/8	11:00 AM	12:00 PM	\$60	44513
Cardio Dance & Toning	Marie D.	M	9/8	12/8	11:45 AM	12:45 PM	\$60	44500
Balance, Strength & Core Stability	Julie M.	M	9/8	12/8	12:15 PM	1:15 PM	\$60	44488
Pilates	Paul N.	M	9/8	12/8	12:30 PM	1:30 PM	\$60	44549
Stretch & Strength	Marie D.	Tu	11/4	12/9	8:30 AM	9:30 AM	\$26	44573
Hatha Yoga II	Kurt R.	Tu	9/9	12/9	8:45 AM	10:00 AM	\$76	44611
Tai Chi for Arthritis & Fall Prevention - Part 1	Ann F.	Tu	9/16	12/9	9:30 AM	10:30 AM	\$52	44591
Hatha Yoga I	Kurt R.	Tu	9/9	12/9	10:15 AM	11:15 AM	\$60	44608
Gentle Exercise	Lonna T.	Tu	9/9	12/9	11:00 AM	12:00 PM	\$60	44536
Tai Chi Yang - Intro	Ann F.	Tu	9/16	12/9	11:00 AM	12:00 PM	\$52	44577
Cardio Step	Catherine K.	Tu	9/9	12/9	11:30 AM	12:30 PM	\$60	44502
Simple Strength	Tracy W.	Tu	9/9	12/2	1:00 PM	1:50 PM	\$52	44561
Functional Fitness	Julie M.	Tu	9/9	12/9	1:30 PM	2:30 PM	\$60	44527
Functional Fitness	Tracy W.	Tu	9/9	12/2	2:00 PM	2:50 PM	\$52	44530
Functional Fitness	Tracy W.	Tu	9/9	12/2	3:00 PM	3:50 PM	\$52	44532
Simple Strength	Marie D.	W	9/10	12/10	9:00 AM	10:00 AM	\$60	44560
Tai Chi Yang 24 - Refinement	John A.	W	11/5	12/10	9:30 AM	10:30 AM	\$26	44590
Chair Exercise	Marie D.	W	9/10	12/10	10:15 AM	11:00 AM	\$46	44506
Stretch & Strength	Ellen U.	W	9/10	12/10	10:30 AM	11:30 AM	\$60	44571
Balance, Strength & Core Stability	Julie M.	W	9/10	12/10	11:15 AM	12:15 PM	\$60	44487
TRX Advanced	Julie M.	W	9/10	12/10	12:30 PM	1:20 PM	\$60	44995
Functional Fitness	Lizzy O.	W	9/10	12/10	5:30 PM	6:30 PM	\$60	44524
Stretch & Strength	Marie D.	Th	9/11	12/11	8:15 AM	9:15 AM	\$56	44572
Hatha Yoga II	Kurt R.	Th	9/11	12/11	8:45 AM	10:00 AM	\$70	44612
Chair Exercise	Marie D.	Th	9/11	12/11	9:30 AM	10:30 AM	\$56	44507
Tai Chi for Arthritis & Fall Prevention - Part 2	Ann F.	Th	9/18	12/11	9:30 AM	10:30 AM	\$43	44579
Hatha Yoga I	Kurt R.	Th	9/11	12/11	10:15 AM	11:15 AM	\$56	44609
Gentle Exercise	Lonna T.	Th	9/11	12/11	11:00 AM	12:00 PM	\$56	44537
Tai Chi Yang - Continuing	Ann F.	Th	9/18	12/11	11:00 AM	12:00 PM	\$43	44578
Cardio Dance & Toning	Marie D.	Th	9/11	12/11	11:35 AM	12:35 PM	\$56	44501

Cont. MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Simple Strength	Tracy W.	Th	9/11	12/4	1:00 PM	1:50 PM	\$52	44562
Gentle Yoga	Nansi C.	Th	9/11	12/11	1:00 PM	2:00 PM	\$56	44601
TRX Suspension Training	Francisco C.	Th	9/11	12/11	1:45 PM	2:35 PM	\$56	44596
Functional Fitness	Tracy W.	Th	9/11	12/4	2:00 PM	2:50 PM	\$52	44531
Pilates	Paul N.	Th	9/11	12/11	2:30 PM	3:30 PM	\$56	44551
Functional Fitness	Tracy W.	Th	9/11	12/4	3:00 PM	3:50 PM	\$52	44533
Gentle Yoga	Kurt R.	F	9/12	12/12	9:00 AM	10:00 AM	\$56	44602
Functional Fitness	Karin V.	F	9/12	12/12	9:30 AM	10:30 AM	\$56	44528
Tai Chi Yang Style Long Form	John A.	F	11/7	12/12	9:30 AM	11:00 AM	\$32	44994
Gentle Exercise	Marie D.	F	9/12	12/12	10:20 AM	11:20 AM	\$56	44539
Functional Fitness	Karin V.	F	9/12	12/12	10:45 AM	11:45 AM	\$56	44529
Chair One Dance Fitness	Jacqueline H.	F	9/12	12/12	12:00 PM	1:00 PM	\$56	44509

MSCR CENTRAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
QiGong - Intro	Ellen H.	M	9/8	10/6	10:45 AM	11:30 AM	\$16	44550
QiGong - Intro	Ellen H.	M	11/10	12/8	10:45 AM	11:30 AM	\$16	44576
Cardio Dance & Toning	Karin V.	M	9/8	12/8	12:30 PM	1:30 PM	\$60	44498
Tai Chi Yang 24 - Refinement	Bob C.	Tu	9/9	12/9	1:45 PM	2:45 PM	\$60	44582
Tai Chi Advanced	Bob C.	Tu	9/9	12/9	3:00 PM	4:30 PM	\$91	44586
Balance, Strength & Core Stability	Janelle W.	W	9/10	12/10	7:30 AM	8:15 AM	\$46	44987
Functional Fitness	Janelle W.	W	9/10	12/10	8:30 AM	9:20 AM	\$60	44519
Functional Fitness	Janelle W.	W	9/10	12/10	9:30 AM	10:20 AM	\$60	44520
Functional Fitness	Janelle W.	W	9/10	12/10	10:30 AM	11:20 AM	\$60	44521
Functional Fitness	Janelle W.	W	9/10	12/10	11:30 AM	12:20 PM	\$60	44522
Functional Fitness	Janelle W.	W	9/10	12/10	12:30 PM	1:20 PM	\$60	44988
Balance, Strength & Core Stability	Catherine K.	Th	9/11	12/11	10:00 AM	11:00 AM	\$56	44486
Cardio Step	Catherine K.	Th	9/11	12/11	11:15 AM	12:15 PM	\$56	44495
Chair Yoga	Catherine K.	F	9/12	12/12	10:00 AM	10:45 AM	\$42	44600
Strength Training for Women	Catherine K.	F	9/12	12/12	11:00 AM	12:00 PM	\$56	44566
Cardio Dance	Catherine K.	F	9/12	12/12	12:15 PM	1:15 PM	\$56	44494
Tai Chi Yang 24 - Refinement	Bob C.	F	11/7	12/12	1:00 PM	2:00 PM	\$22	44583

Falkour: Parkour Meets the Art of Falling at The Madison Circus Space	Shelby/Barb	M	9/8	10/13	9:30 AM	10:30 AM	\$38	44546
	Take your movement skills to the next level with Falkour - a fun and functional blend of parkour techniques and safe falling strategies. In this class we roll, land and flow with confidence - learning how to move smarter, fall safer and have a blast! This class includes floor work.							

Falkour: Parkour Meets the Art of Falling at The Madison Circus Space	Shelby/Barb	M	9/8	10/13	9:30 AM	10:30 AM	\$38	44546
	Take your movement skills to the next level with Falkour - a fun and functional blend of parkour techniques and safe falling strategies. In this class we roll, land and flow with confidence - learning how to move smarter, fall safer and have a blast! This class includes floor work.							

WARNER PARK

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Functional Fitness	Mary B.	M	9/8	12/8	9:00 AM	10:00 AM	\$60	44515
Parkour for Seniors	Susan/Shelby	Tu	11/4	12/9	9:30 AM	11:00 AM	\$45	44606
Chair Exercise	Marie D.	Tu	9/9	12/9	10:15 AM	11:15 AM	\$60	44504
Balance, Strength & Core Stability	Marie D.	Tu	9/9	12/9	11:30 AM	12:30 PM	\$60	44512
Stretch & Strength	Lynelle H.	W	9/10	12/10	9:00 AM	9:45 AM	\$46	44570
Functional Fitness	Mary B.	W	9/10	12/10	9:00 AM	10:00 AM	\$60	44516
Pure Strength	Lynelle H.	W	9/10	12/10	10:15 AM	11:00 AM	\$46	44554
Mindfulness Movement & Joint Health	Mimi M.	W	9/10	12/10	10:30 AM	11:45 AM	\$60	44544
Tai Chi Yang 24 - Refinement	Bob C.	W	9/10	12/10	1:00 PM	2:00 PM	\$60	44580
Pure Strength	TBD	Th	9/11	12/11	10:30 AM	11:15 AM	\$42	44556
Mindfulness Movement & Gut Health	Mimi M.	F	9/12	12/12	10:30 AM	11:45 AM	\$56	44543
Chair Exercise	Marie D.	F	9/12	12/12	12:30 PM	1:30 PM	\$56	44505

VIRTUAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Pure Strength	Janelle W.	M	9/8	12/8	8:30 AM	9:15 AM	\$46	44558
Chair Exercise	Jamie A.	M	9/8	12/8	9:15 AM	10:15 AM	\$60	44508
Yoga for Pickleball	Lisa H.	M	9/8	12/8	10:00 AM	10:45 AM	\$46	44610
Yoga Suave en Español	Clare N.	M	9/8	12/8	10:15 AM	11:15 AM	\$0	44618
Functional Fitness	Ron D.	M	9/8	12/8	10:30 AM	11:30 AM	\$60	44534
Barre Sculpt	Lisa H.	M	9/8	12/8	11:00 AM	11:45 AM	\$46	44451
Strength Training for Women	Lisa H.	Tu	9/9	12/9	8:00 AM	8:45 AM	\$46	44569
Yoga Flow	Lisa H.	Tu	9/9	12/9	9:00 AM	9:45 AM	\$46	44617
Simple Strength	Becky O.	Tu	9/9	12/9	9:00 AM	10:00 AM	\$60	44563
Gentle Yoga	Clare N.	Tu	9/9	12/9	10:30 AM	11:30 AM	\$60	44603
Chair One Dance Fitness	Jacqueline H.	Tu	9/9	12/9	12:15 PM	1:00 PM	\$46	44510
Meditation	Nansi C.	Tu	9/9	12/9	1:00 PM	2:00 PM	\$60	44541
Core without the Floor	Ron D.	W	9/10	12/10	9:00 AM	9:30 AM	\$30	44514
Walk & Tone	Lisa H.	W	9/10	12/10	10:00 AM	10:45 AM	\$42	44575
Pure Strength	Ron D.	W	9/10	12/10	3:00 PM	4:00 PM	\$60	44557
Simple Strength	Becky O.	Th	9/11	12/11	9:00 AM	10:00 AM	\$56	44564
Functional Fitness	Ron D.	Th	9/11	12/11	9:30 AM	10:30 AM	\$56	44535
Yoga Flow	Clare N.	Th	9/11	12/11	10:30 AM	11:30 AM	\$56	44616
Balancing Act	Kevin W.	Th	9/11	12/11	1:00 PM	1:45 PM	\$42	44489
Core without the Floor	Ron D.	F	9/12	12/12	9:00 AM	9:45 AM	\$42	45029

OUTDOOR

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Tai Chi Yang 24 - Refinement	John A.	M	9/8	10/27	9:30 AM	10:30 AM	\$35	44593
Balance, Strength & Core Stability	Janelle W.	M	9/8	10/27	11:00 AM	11:45 AM	\$26	44445
Stretch & Strength	Marie D.	Tu	9/9	10/28	8:30 AM	9:30 AM	\$35	44574
WalkAbouts	Paula I.	Tu	9/9	10/14	9:15 AM	10:15 AM	\$26	44599
Parkour for Seniors	Susan/Shelby	Tu	9/9	10/28	9:30 AM	11:00 AM	\$60	44547
Tai Chi Yang 24 - Refinement	John A.	W	9/10	10/29	9:30 AM	10:30 AM	\$35	44595
Tai Chi Pole	Bob C.	W	9/10	10/29	3:00 PM	4:00 PM	\$35	44581
Tai Chi Yang Style Long Form	John A.	F	9/12	10/31	9:30 AM	11:00 AM	\$52	44589
QiGong for Renewal & Relaxation	Bob C.	F	9/12	10/31	10:30 AM	11:30 AM	\$35	44545
Tai Chi Yang 24 - Refinement	Bob C.	F	9/12	10/31	1:00 PM	2:00 PM	\$35	44585

AQUATICS: LAPHAM POOL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Aqua Exercise Warm Water	Heidi S.	M	9/8	12/8	2:00 PM	3:00 PM	\$68	44479
Aqua Exercise Warm Water	Heidi S.	M	9/8	12/8	3:15 PM	4:15 PM	\$68	44481
Aqua Arthritis Exercise	TBD	Tu	9/9	12/9	3:15 PM	4:15 PM	\$68	44472
Aqua Exercise Warm Water	Courtney M.	W	9/10	12/10	3:15 PM	4:15 PM	\$68	44482
Aqua Arthritis Exercise	TBD	Th	9/11	12/11	3:15 PM	4:15 PM	\$68	44473

AQUATICS: CAPITOL LAKES

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Aqua Exercise Shallow Water	TBD	M	9/8	12/8	3:00 PM	4:00 PM	\$75	44477
Aqua Exercise Warm Water	TBD	M	9/8	12/8	4:15 PM	5:15 PM	\$75	44480
Aqua Exercise Deep Water	Olivia S.	M	9/8	12/8	5:30 PM	6:30 PM	\$75	44475
Aqua Exercise Deep Water	Heidi S.	Tu	9/9	12/9	2:30 PM	3:30 PM	\$75	44474
Aqua Exercise Warm Water	Heidi S.	Tu	9/9	12/9	3:45 PM	4:45 PM	\$75	44483
Aqua Arthritis Exercise	Courtney M.	W	9/10	12/10	2:00 PM	3:00 PM	\$75	44471
Aqua Exercise Deep Water	Alyssa M.	W	9/10	12/10	3:15 PM	4:15 PM	\$75	44476
Aqua Exercise Shallow Water	Courtney M.	Th	9/11	12/11	2:00 PM	3:00 PM	\$75	44478
Aqua Exercise Warm Water	Courtney M.	Th	9/11	12/11	3:15 PM	4:15 PM	\$75	44484