



# Winter & Spring 2026

## Adult Fitness Class Schedule & Instructor List



MSCR CENTRAL

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
W i n t e r	Mindfulness Movement & Joint Health	Mimi M.	M	1/5/2026	3/16/2026	6:00 PM	7:15 PM	\$50	45547
	Yoga Flow	Anne D.	M	1/5/2026	3/16/2026	6:30 PM	7:30 PM	\$50	45599
	Flex & Flow	Anne D.	T	1/6/2026	3/17/2026	7:30 AM	8:30 AM	\$55	46610
	Strength Training for Women	Grace H.	T	1/6/2026	3/17/2026	3:45 PM	4:30 PM	\$55	45570
	Yoga Amped	Grace H.	T	1/6/2026	3/17/2026	5:30 PM	6:15 PM	\$55	45593
	WERQ	Fawn C.	T	1/6/2026	3/17/2026	6:30 PM	7:15 PM	\$55	45590
	WERQ	Katrina B.	W	1/7/2026	3/18/2026	5:30 PM	6:15 PM	\$45	46641
	Mindfulness Movement & Gut Health	Mimi M.	W	1/7/2026	3/18/2026	6:00 PM	7:15 PM	\$55	45544
	Barre Fusion	Katrina B.	W	1/7/2026	3/18/2026	6:30 PM	7:15 PM	\$45	45502
	Yoga Amped	Grace H.	Th	1/8/2026	3/19/2026	7:15 AM	8:00 AM	\$55	46670
	Prenatal & Postnatal Yoga	Grace H.	Th	1/8/2026	2/12/2026	8:15 AM	9:15 AM	\$30	46675
	Zumba	Jacqueline H.	Th	1/8/2026	3/19/2026	6:00 PM	6:45 PM	\$55	45605
Prenatal & Postnatal Yoga	Grace H.	Th	2/19/2026	3/19/2026	8:15 AM	9:15 AM	\$25	46677	
S p r i n g	Mindfulness Movement & Joint Health	Mimi M.	M	3/30/2026	6/1/2026	6:00 PM	7:15 PM	\$45	46771
	Yoga Flow	Anne D.	M	3/30/2026	6/1/2026	6:30 PM	7:30 PM	\$45	46692
	Flex & Flow	Anne D.	T	3/31/2026	6/2/2026	7:30 AM	8:30 AM	\$50	46763
	Strength Training for Women	Grace H.	T	3/31/2026	6/2/2026	3:45 PM	4:30 PM	\$50	46667
	Yoga Amped	Grace H.	T	3/31/2026	6/2/2026	5:30 PM	6:15 PM	\$50	46672
	WERQ	Fawn C.	T	3/31/2026	6/2/2026	6:30 PM	7:15 PM	\$50	46645
	WERQ	Katrina B.	W	4/1/2026	5/27/2026	5:30 PM	6:15 PM	\$40	46647
	Mindfulness Movement & Gut Health	Mimi M.	W	4/1/2026	6/3/2026	6:00 PM	7:15 PM	\$50	46772
	Barre Fusion	Katrina B.	W	4/1/2026	5/27/2026	6:30 PM	7:15 PM	\$40	46745
	Yoga Amped	Grace H.	Th	4/2/2026	6/4/2026	7:15 AM	8:00 AM	\$50	46673
	Prenatal & Postnatal Yoga	Grace H.	Th	4/2/2026	4/30/2026	8:15 AM	9:15 AM	\$25	46679
	Zumba	Jacqueline H.	Th	4/2/2026	6/4/2026	6:00 PM	6:45 PM	\$50	46697
Prenatal & Postnatal Yoga	Grace H.	Th	5/7/2026	6/4/2026	8:15 AM	9:15 AM	\$25	46680	

MSCR EAST

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
W i n t e r	Row Fit	Aarika M.	M	1/5/2026	3/16/2026	4:00 PM	4:45 PM	\$50	45562
	Row Fit	Aarika M.	M	1/5/2026	3/16/2026	5:00 PM	5:45 PM	\$50	46609
	Small Group Training	Lynelle H.	M	1/5/2026	3/16/2026	5:00 PM	5:45 PM	\$65	45566
	WERQ	Keena A.	M	1/5/2026	3/16/2026	6:00 PM	6:45 PM	\$50	46642
	Cardio Dance & Toning	Karin V.	T	1/6/2026	3/17/2026	5:30 PM	6:15 PM	\$55	45518
	Bootcamp	Aubrie M.	T	1/6/2026	3/17/2026	6:00 PM	6:45 PM	\$55	46611
	Barre Sculpt	Ellen U.	W	1/7/2026	3/18/2026	5:15 PM	6:00 PM	\$45	46627
	LGBTQIA+ Yoga	Mick M.	W	1/7/2026	3/18/2026	5:30 PM	6:30 PM	\$55	45541
	WERQ Like a Boss	Fawn C.	W	1/7/2026	3/18/2026	6:30 PM	7:20 PM	\$55	46640
	Strength Training for Women	Lynelle H.	Th	1/8/2026	3/19/2026	4:00 PM	4:45 PM	\$55	46664
	Pure Strength	Lynelle H.	Th	1/8/2026	3/19/2026	5:00 PM	5:45 PM	\$55	45551
	Yoga Flow	Mick M.	Th	1/8/2026	3/19/2026	5:30 PM	6:30 PM	\$55	46690
	Cardio Dance	Lizzy O.	Th	1/8/2026	3/19/2026	6:30 PM	7:15 PM	\$55	46739
	Yin Yoga	Mick M.	Th	1/8/2026	3/19/2026	6:45 PM	7:45 PM	\$55	46618
	Arms & Abs	Jamie A.	F	1/9/2026	3/20/2026	8:15 AM	9:00 AM	\$50	45500
	Total Body Fitness	Jamie A.	F	1/9/2026	3/20/2026	9:15 AM	10:00 AM	\$50	45576
	Yoga Flow	Mick M.	Sa	1/10/2026	3/14/2026	8:30 AM	9:30 AM	\$45	46691
S p r i n g	Row Fit	Aarika M.	M	3/30/2026	6/1/2026	4:00 PM	4:45 PM	\$45	46776
	Row Fit	Aarika M.	M	3/30/2026	6/1/2026	5:00 PM	5:45 PM	\$45	46777
	Small Group Training	Lynelle H.	M	3/30/2026	6/1/2026	5:00 PM	5:45 PM	\$59	46768
	WERQ	Keena A.	M	3/30/2026	6/1/2026	6:00 PM	6:45 PM	\$45	46648
	TRX Yoga	Galia P.	T	3/31/2026	6/2/2026	4:15 PM	5:00 PM	\$50	46780
	Cardio Dance & Toning	Karin V.	T	3/31/2026	6/2/2026	5:30 PM	6:15 PM	\$50	46742
	Bootcamp	Aubrie M.	T	3/31/2026	6/2/2026	6:00 PM	6:45 PM	\$50	46778
	Barre Sculpt	Ellen U.	W	4/8/2026	6/3/2026	5:15 PM	6:00 PM	\$45	46631
	LGBTQIA+ Yoga	Mick M.	W	4/1/2026	4/29/2026	5:30 PM	6:30 PM	\$25	46770
	WERQ Like a Boss	Fawn C.	W	4/1/2026	6/3/2026	6:30 PM	7:20 PM	\$50	46646
	Total Body Fitness	Angelique M.	W	4/1/2026	6/3/2026	6:30 PM	7:30 PM	\$50	46736
	Strength Training for Women	Lynelle H.	Th	4/2/2026	6/4/2026	4:00 PM	4:45 PM	\$50	46668
	Pure Strength	Lynelle H.	Th	4/2/2026	6/4/2026	5:00 PM	5:45 PM	\$50	46728
	Yoga Flow	Mick M.	Th	4/2/2026	6/4/2026	5:30 PM	6:30 PM	\$50	46694
	Cardio Dance	Lizzy O.	Th	4/2/2026	6/4/2026	6:30 PM	7:15 PM	\$50	45516
	Yin Yoga	Mick M.	Th	4/2/2026	6/4/2026	6:45 PM	7:45 PM	\$50	46619
	Arms & Abs	Jamie A.	F	4/3/2026	6/5/2026	8:15 AM	9:00 AM	\$45	46699
Yoga Flow	Mick M.	Sa	4/4/2026	5/16/2026	8:30 AM	9:30 AM	\$35	46695	
Strength Training for Women	Angelique M.	Sa	4/4/2026	5/9/2026	10:30 AM	11:15 AM	\$30	46666	

MSCR WEST

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
W i n t e r	Gentle Yoga	Erika F.	M	1/5/2026	3/16/2026	4:45 PM	5:45 PM	\$50	46839
	Pure Strength	Valentina A.	M	1/5/2026	3/16/2026	5:45 PM	6:30 PM	\$50	46705
	WERQ Like a Boss	Sia F.	M	1/5/2026	3/16/2026	6:00 PM	7:00 PM	\$50	46643
	HIIT	Valentina A.	M	1/5/2026	3/16/2026	6:45 PM	7:30 PM	\$50	46773
	Total Body Fitness	Oliver S.	T	1/6/2026	3/17/2026	5:45 PM	6:30 PM	\$55	46733
	Yoga Flow	Heidi G.	T	1/6/2026	3/17/2026	7:15 PM	8:15 PM	\$55	46689
	Barre Sculpt	Kelsey S.	T	1/13/2026	3/3/2026	4:30 PM	5:15 PM	\$40	46628
	Yoga for the Soul	Danielle J.	T	1/13/2026	3/10/2026	5:45 PM	6:45 PM	\$45	46621
	BollyX Dance	Jacqueline H.	W	1/7/2026	3/18/2026	6:00 PM	6:45 PM	\$55	45512
	Row Fit	Kelsey S.	W	1/21/2026	3/11/2026	4:45 PM	5:30 PM	\$40	46841
	Kickbox Cardio	Elizabeth P.	Th	1/8/2026	3/19/2026	4:45 PM	5:30 PM	\$55	45540
	PIYo	Elizabeth P.	Th	1/8/2026	3/19/2026	5:40 PM	6:25 PM	\$55	45548
	Pure Strength	Valentina A.	Th	1/8/2026	3/19/2026	5:45 PM	6:30 PM	\$55	46703
	HIIT	Valentina A.	Th	1/8/2026	3/19/2026	6:45 PM	7:30 PM	\$55	45538
	WERQ	Sia F.	Th	1/8/2026	3/19/2026	6:45 PM	7:30 PM	\$55	46644
	Barre Sculpt	Alaina G.	Th	1/15/2026	3/19/2026	5:00 PM	6:00 PM	\$50	45504
	Yoga Amped	Grace H.	Sa	1/10/2026	3/14/2026	8:30 AM	9:15 AM	\$45	46671
	Pure Strength	Valentina A.	Sa	1/10/2026	3/14/2026	8:30 AM	9:15 AM	\$45	46704
	Cardio Dance & Toning	Karin V.	Sa	1/10/2026	3/14/2026	9:00 AM	10:00 AM	\$45	46741
	Core Flow	Grace H.	Sa	1/10/2026	3/14/2026	9:30 AM	10:15 AM	\$45	45524
Prenatal & Postnatal Yoga	Grace H.	Sa	1/10/2026	3/14/2026	10:30 AM	11:30 AM	\$45	46678	
Cardio Step	Catherine K.	Sa	1/24/2026	3/14/2026	9:30 AM	10:15 AM	\$40	46612	
Gentle Yoga	Catherine K.	Sa	1/24/2026	3/14/2026	10:30 AM	11:30 AM	\$40	45530	
S p r i n g	Gentle Yoga	Erika F.	M	3/30/2026	6/1/2026	4:45 PM	5:45 PM	\$50	46840
	Pure Strength	Valentina A.	M	3/30/2026	6/1/2026	5:45 PM	6:30 PM	\$45	46732
	WERQ Like a Boss	Sia F.	M	3/30/2026	6/1/2026	6:00 PM	7:00 PM	\$35	46650
	HIIT	Valentina A.	M	3/30/2026	6/1/2026	6:45 PM	7:30 PM	\$45	46774
	Total Body Fitness	Oliver S.	T	3/31/2026	6/2/2026	5:45 PM	6:30 PM	\$50	46738
	Yoga for the Soul	Danielle J.	T	3/31/2026	5/19/2026	5:45 PM	6:45 PM	\$40	46620
	Yoga Flow	Heidi G.	T	3/31/2026	6/2/2026	7:15 PM	8:15 PM	\$50	46693
	Barre Sculpt	Kelsey S.	T	4/7/2026	5/26/2026	4:30 PM	5:15 PM	\$40	46632
	BollyX Dance	Jacqueline H.	W	4/1/2026	6/3/2026	6:00 PM	6:45 PM	\$50	46696
	Row Fit	Kelsey S.	W	4/8/2026	5/27/2026	4:45 PM	5:30 PM	\$40	46842
	Kickbox Cardio	Elizabeth P.	Th	4/2/2026	4/30/2026	4:45 PM	5:30 PM	\$25	46622
	Barre Sculpt	Alaina G.	Th	4/2/2026	5/21/2026	5:00 PM	6:00 PM	\$40	46630
	PIYo	Elizabeth P.	Th	4/2/2026	4/30/2026	5:40 PM	6:25 PM	\$25	46625
	Pure Strength	Valentina A.	Th	4/2/2026	6/4/2026	5:45 PM	6:30 PM	\$50	46730
	HIIT	Valentina A.	Th	4/2/2026	6/4/2026	6:45 PM	7:30 PM	\$50	46775
	WERQ	Sia F.	Th	4/2/2026	6/4/2026	6:45 PM	7:30 PM	\$40	46655
	Pure Strength	Valentina A.	Sa	4/4/2026	5/16/2026	8:30 AM	9:15 AM	\$35	46731
	Yoga Amped	Grace H.	Sa	4/4/2026	5/16/2026	8:30 AM	9:15 AM	\$35	46674
	Cardio Dance & Toning	Karin V.	Sa	4/4/2026	5/16/2026	9:00 AM	10:00 AM	\$35	46744
	Cardio Step	Catherine K.	Sa	4/4/2026	5/16/2026	9:30 AM	10:15 AM	\$35	46779
Core Flow	Grace H.	Sa	4/4/2026	5/16/2026	9:30 AM	10:15 AM	\$35	46688	
Gentle Yoga	Catherine K.	Sa	4/4/2026	5/16/2026	10:30 AM	11:30 AM	\$35	46613	
Prenatal & Postnatal Yoga	Grace H.	Sa	4/4/2026	5/16/2026	10:30 AM	11:30 AM	\$35	46681	

VIRTUAL

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
W i n t e r	Pure Strength - Virtual	Lisa H.	M	1/5/2026	3/16/2026	7:00 AM	7:45 AM	\$50	46702
	Arms & Abs - Virtual	Jamie A.	M	1/5/2026	3/16/2026	8:15 AM	9:00 AM	\$50	45614
	WERQ - Virtual	Keena A.	M	1/5/2026	3/16/2026	6:00 PM	6:45 PM	\$50	45637
	Yoga Sculpt - Virtual	Lisa H.	T	1/6/2026	3/17/2026	7:00 AM	7:45 AM	\$55	45642
	Butts & Guts - Virtual - Drop In	Lisa H.	T	1/6/2026	3/17/2026	11:30 AM	12:00 PM	\$5	46756
	Butts & Guts - Virtual	Lisa H.	T	1/6/2026	3/17/2026	11:30 AM	12:00 PM	\$55	46755
	Barre Sculpt - Virtual	Lisa H.	T	1/6/2026	3/17/2026	12:15 PM	1:00 PM	\$55	45618
	Mat Pilates - Virtual	Ellen U.	T	1/6/2026	3/17/2026	6:00 PM	6:45 PM	\$45	45626
	Yin Yoga - Virtual	Clare N.	T	1/6/2026	3/17/2026	7:00 PM	8:00 PM	\$55	45639
	Barre Sculpt - Virtual	Lisa H.	W	1/7/2026	3/18/2026	7:00 AM	7:45 AM	\$55	46629
	Total Body Fitness - Virtual	Jamie A.	W	1/7/2026	3/18/2026	11:00 AM	11:45 AM	\$50	46735
	Flex & Flow - Virtual	Lisa H.	W	1/7/2026	3/18/2026	11:30 AM	12:00 PM	\$55	46760
	Flex & Flow - Virtual - Drop In	Lisa H.	W	1/7/2026	3/18/2026	11:30 AM	12:00 PM	\$5	46761
	Yoga for Pickleball Injury Prevention	Lisa H.	W	1/7/2026	3/18/2026	12:15 PM	1:00 PM	\$55	46766
	Pure Strength - Virtual	Jamie A.	Th	1/8/2026	3/19/2026	5:00 PM	5:45 PM	\$50	45628
	Hatha Yoga II - Virtual	Kurt R.	Th	1/8/2026	3/19/2026	5:00 PM	6:15 PM	\$55	45624
	Gentle Yoga - Virtual	Galia P.	Th	1/8/2026	3/12/2026	5:30 PM	6:30 PM	\$50	45622
	Arms & Abs - Virtual	Jamie A.	F	1/9/2026	3/20/2026	8:15 AM	9:00 AM	\$50	46698
	Yin Yoga - Virtual	Clare N.	Sa	1/10/2026	3/14/2026	10:15 AM	11:15 AM	\$45	46615

VIRTUAL									
Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
s p r i n g	Pure Strength - Virtual	Lisa H.	M	3/30/2026	6/1/2026	7:00 AM	7:45 AM	\$40	46707
	Arms & Abs - Virtual	Jamie A.	M	3/30/2026	6/1/2026	8:15 AM	9:00 AM	\$45	46700
	WERQ - Virtual	Keena A.	M	3/30/2026	6/1/2026	6:00 PM	6:45 PM	\$45	46649
	Yoga Sculpt - Virtual	Lisa H.	T	3/31/2026	6/2/2026	7:00 AM	7:45 AM	\$45	46753
	Butts & Guts - Virtual	Lisa H.	T	3/31/2026	6/2/2026	11:30 AM	12:00 PM	\$45	46759
	Butts & Guts - Virtual - Drop In	Lisa H.	T	3/31/2026	6/2/2026	11:30 AM	12:00 PM	\$5	46758
	Barre Sculpt - Virtual	Lisa H.	T	3/31/2026	6/2/2026	12:15 PM	1:00 PM	\$45	46633
	Yin Yoga - Virtual	Clare N.	T	3/31/2026	6/2/2026	7:00 PM	8:00 PM	\$50	46616
	Mat Pilates - Virtual	Ellen U.	T	4/7/2026	6/2/2026	6:00 PM	6:45 PM	\$45	46639
	Barre Sculpt - Virtual	Lisa H.	W	4/1/2026	6/3/2026	7:00 AM	7:45 AM	\$45	46634
	Total Body Fitness - Virtual	Jamie A.	W	4/1/2026	6/3/2026	11:00 AM	11:45 AM	\$50	46737
	Flex & Flow - Virtual	Lisa H.	W	4/1/2026	6/3/2026	11:30 AM	12:00 PM	\$45	46765
	Flex & Flow - Virtual - Drop In	Lisa H.	W	4/1/2026	6/3/2026	11:30 AM	12:00 PM	\$5	46762
	Yoga for Pickleball Injury Prevention -	Lisa H.	W	4/1/2026	6/3/2026	12:15 PM	1:00 PM	\$45	46767
	Pure Strength - Virtual	Jamie A.	Th	4/2/2026	6/4/2026	5:00 PM	5:45 PM	\$45	46706
	Hatha Yoga II - Virtual	Kurt R.	Th	4/2/2026	6/4/2026	5:00 PM	6:15 PM	\$45	46752
Gentle Yoga - Virtual	Galia P.	Th	4/2/2026	6/4/2026	5:30 PM	6:30 PM	\$50	46659	
Arms & Abs - Virtual	Jamie A.	F	4/3/2026	6/5/2026	8:15 AM	9:00 AM	\$45	46701	
Yin Yoga - Virtual	Clare N.	Sa	4/4/2026	5/16/2026	10:15 AM	11:15 AM	\$35	46617	
WARNER PARK									
Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
W i n t e r	Strength Training for Women	Lynelle H.	M	1/5/2026	3/16/2026	12:00 PM	12:45 PM	\$50	46665
	Hatha Yoga II	Kurt R.	M	1/5/2026	3/16/2026	5:30 PM	6:45 PM	\$50	45535
	Hatha Yoga I	Kurt R.	M	1/5/2026	3/16/2026	7:00 PM	8:00 PM	\$50	45534
	Mat Pilates	Ellen U.	T	1/6/2026	3/17/2026	8:30 AM	9:15 AM	\$45	45542
	Gentle Flow & Meditation	Mick M.	T	1/6/2026	3/17/2026	5:30 PM	6:30 PM	\$55	45528
	Cardio Dance & Toning	Karin V.	W	1/7/2026	3/18/2026	5:00 PM	6:00 PM	\$55	46740
S p r i n g	Strength Training for Women	Lynelle H.	M	3/30/2026	6/1/2026	12:00 PM	12:45 PM	\$45	46669
	Hatha Yoga II	Kurt R.	M	3/30/2026	6/1/2026	5:30 PM	6:45 PM	\$45	46751
	Hatha Yoga I	Kurt R.	M	3/30/2026	6/1/2026	7:00 PM	8:00 PM	\$45	46750
	Gentle Flow & Meditation	Mick M.	T	3/31/2026	6/2/2026	5:30 PM	6:30 PM	\$50	46769
	Mat Pilates	Ellen U.	T	4/7/2026	6/2/2026	8:30 AM	9:15 AM	\$45	46638
Cardio Dance & Toning	Karin V.	W	4/1/2026	6/3/2026	5:00 PM	6:00 PM	\$50	46743	
OUTDOOR									
Class	Location	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Kickbox Cardio - Outdoor	Garner Park	Joanne H.	T	5/5/2026	6/2/2026	4:45 PM	5:30 PM	\$25	46624
Kickbox Cardio - Outdoor	Garner Park	Joanne H.	T	5/5/2026	6/2/2026	5:40 PM	6:25 PM	\$25	46708
LGBTQIA+ Yoga - Outdoor	Tenney Park	Mick M.	W	5/6/2026	6/3/2026	5:30 PM	6:30 PM	\$25	45610
Kickbox Cardio - Outdoor	Garner Park	Elizabeth P.	Th	5/7/2026	6/4/2026	4:45 PM	5:30 PM	\$25	46623
PiYo - Outdoor	Garner Park	Elizabeth P.	Th	5/7/2026	6/4/2026	5:40 PM	6:25 PM	\$25	46626
Pure Strength - Outdoor	Acewood Park	Jamie A.	F	4/3/2026	6/5/2026	9:30 AM	10:15 AM	\$45	46709
Bicycling - Happy Trails - Outdoor	Varies	Annie S.	F	4/3/2026	5/1/2026	10:00 AM	12:00 PM	\$25	46965