



# Winter & Spring 2026

## 50+ Fitness Class Schedule & Instructor List



### MSCR EAST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Pure Strength	Janelle W.	M	1/5	3/16	8:30 AM	9:15 AM	\$33	45832	W I N T E R
Circuit Fitness	Janelle W.	M	1/5	3/16	9:30 AM	10:30 AM	\$43	45750	
Gentle Yoga Flow	Ellen U.	M	1/5	3/16	10:30 AM	11:15 AM	\$29	45938	
Balance, Strength & Core Stability	Janelle W.	M	1/5	3/16	10:45 AM	11:30 AM	\$33	45814	
Cardio Dance	Jacqueline H.	M	1/5	3/16	10:45 AM	11:45 AM	\$43	45716	
Small Group Training	Lynelle H.	M	1/5	3/16	4:00 PM	4:45 PM	\$55	45861	
Pure Strength	Janelle W.	M	3/30	6/1	8:30 AM	9:15 AM	\$29	45833	S P R I N G
Circuit Fitness	Janelle W.	M	3/30	6/1	9:30 AM	10:30 AM	\$39	45752	
Gentle Yoga Flow	Ellen U.	M	4/6	6/1	10:30 AM	11:15 AM	\$26	45939	
Balance, Strength & Core Stability	Janelle W.	M	3/30	6/1	10:45 AM	11:30 AM	\$29	45815	
Cardio Dance	Jacqueline H.	M	3/30	6/1	10:45 AM	11:45 AM	\$39	45719	
Small Group Training	Lynelle H.	M	3/30	6/1	4:00 PM	4:45 PM	\$49	45862	
TRX Suspension Training	Deb S.	Tu	1/6	3/17	8:45 AM	9:45 AM	\$48	45918	W I N T E R
Gentle Exercise	Karin V.	Tu	1/6	3/17	10:00 AM	11:00 AM	\$48	45805	
Arms & Abs	Karin V.	Tu	1/6	3/17	11:15 AM	12:00 PM	\$36	45693	
Row Fit	Lynelle/Mindy	Tu	1/6	3/17	11:45 AM	12:35 PM	\$48	45849	
Pure Strength	Karin V.	Tu	1/6	3/17	12:15 PM	1:00 PM	\$36	45834	
Chair Exercise	Karin V.	Tu	1/6	3/17	1:15 PM	2:00 PM	\$36	45736	
Gentle Yoga Flow	Laura M.	Tu	1/6	3/17	3:00 PM	4:00 PM	\$48	45940	S P R I N G
TRX Suspension Training	Deb S.	Tu	3/31	6/2	8:45 AM	9:45 AM	\$43	45919	
Gentle Exercise	Karin V.	Tu	3/31	6/2	10:00 AM	11:00 AM	\$43	45806	
Arms & Abs	Karin V.	Tu	3/31	6/2	11:15 AM	12:00 PM	\$33	45694	
Row Fit	Lynelle/Mindy	Tu	3/31	6/2	11:45 AM	12:35 PM	\$43	45850	
Pure Strength	Karin V.	Tu	3/31	6/2	12:15 PM	1:00 PM	\$33	45835	
Chair Exercise	Karin V.	Tu	3/31	6/2	1:15 PM	2:00 PM	\$33	45743	W I N T E R
Gentle Yoga Flow	Laura M.	Tu	3/31	6/2	3:00 PM	4:00 PM	\$43	45941	
Pilates	Ellen U.	W	1/7	3/18	8:15 AM	9:15 AM	\$43	45826	
Cardio Dance & Toning	Karin V.	W	1/7	3/18	9:30 AM	10:30 AM	\$48	45726	
Tai Chi for Arthritis & Fall Prevention-Part 1	Ellen H.	W	1/7	3/18	9:30 AM	10:30 AM	\$48	45893	
Balancing Act	Ellen H.	W	1/7	3/18	10:45 AM	11:45 AM	\$48	45703	
Strength Training for Women	Deb S.	W	1/7	3/18	11:00 AM	12:00 PM	\$48	45868	S P R I N G
Stretch & Strength	Lynelle H.	W	1/7	3/18	12:00 PM	12:45 PM	\$36	45708	
Tai Chi Pole	Bob C.	W	1/7	3/18	3:00 PM	4:00 PM	\$48	45908	
Pilates	Ellen U.	W	4/8	6/3	8:15 AM	9:15 AM	\$39	45827	
Cardio Dance & Toning	Karin V.	W	4/1	6/3	9:30 AM	10:30 AM	\$43	45729	
Tai Chi for Arthritis & Fall Prevention-Part 1	Ellen H.	W	4/1	6/3	9:30 AM	10:30 AM	\$39	45894	
Balancing Act	Ellen H.	W	4/1	6/3	10:45 AM	11:45 AM	\$39	46848	S P R I N G
Strength Training for Women	Deb S.	W	4/1	6/3	11:00 AM	12:00 PM	\$43	45869	
Stretch & Strength	Lynelle H.	W	4/1	6/3	12:00 PM	12:45 PM	\$33	45709	

## Cont. MSCR East

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Functional Fitness	Deb S.	Th	1/8	3/19	9:00 AM	10:00 AM	\$48	45784	W I N T E R
Functional Fitness	Deb S.	Th	1/8	3/19	10:15 AM	11:15 AM	\$48	45786	
Yoga Flow	Galia P.	Th	1/8	3/19	10:30 AM	11:30 AM	\$48	45955	
Groove (formerly Body Groove)	Gaylene B.	Th	1/8	3/19	12:00 PM	1:00 PM	\$48	45714	
TRX Suspension Training	Deb S.	Th	1/8	3/19	12:00 PM	1:00 PM	\$48	45920	
Tai Chi Yang - Continuing	Bob C.	Th	1/8	3/19	12:15 PM	1:15 PM	\$48	45898	
Tai Chi Yang 24 - Refinement	Bob C.	Th	1/8	3/19	1:30 PM	2:30 PM	\$48	45828	
Tai Chi Yang - Introduction	Bob C.	Th	1/8	3/19	2:45 PM	3:45 PM	\$48	45903	
Functional Fitness	Deb S.	Th	4/2	6/4	9:00 AM	10:00 AM	\$43	45785	S P R I N G
Functional Fitness	Deb S.	Th	4/2	6/4	10:15 AM	11:15 AM	\$43	45787	
Yoga Flow	Galia P.	Th	4/2	6/4	10:30 AM	11:30 AM	\$43	45956	
Groove (formerly Body Groove)	Gaylene B.	Th	4/2	6/4	12:00 PM	1:00 PM	\$43	46849	
TRX Suspension Training	Deb S.	Th	4/2	6/4	12:00 PM	1:00 PM	\$43	45917	
Tai Chi Yang - Continuing	Bob C.	Th	4/2	6/4	12:15 PM	1:15 PM	\$43	45899	
Tai Chi Yang 24 - Refinement	Bob C.	Th	4/2	6/4	1:30 PM	2:30 PM	\$43	45830	
Tai Chi Yang - Introduction	Bob C.	Th	4/2	6/4	2:45 PM	3:45 PM	\$43	45904	
Ballroom Basics for Balance	Debra K.	F	1/9	3/20	9:00 AM	10:00 AM	\$48	45706	W I N T E R
Cardio Dance	TBD	F	1/9	3/20	10:45 AM	11:45 AM	\$48	45718	
Strength Training for Women	Janelle W.	F	1/9	3/20	12:30 PM	1:30 PM	\$48	45870	
Circuit Fitness	Janelle W.	F	1/9	3/20	1:45 PM	2:45 PM	\$48	45751	
Ballroom Basics for Balance	Debra K.	F	4/3	6/5	9:00 AM	10:00 AM	\$43	45707	S P R I N G
Cardio Dance	TBD	F	4/3	6/5	10:45 AM	11:45 AM	\$43	45720	
Strength Training for Women	Janelle W.	F	4/3	6/5	12:30 PM	1:30 PM	\$43	45871	
Circuit Fitness	Janelle W.	F	4/3	6/5	1:45 PM	2:45 PM	\$43	45753	

## MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Balance, Strength & Core Stability	Marie D.	M	1/5	3/16	9:00 AM	10:00 AM	\$43	46954	W I N T E R
Functional Fitness	Karin V.	M	1/5	3/16	9:30 AM	10:30 AM	\$43	45766	
Tai Chi Yang 24 - Refinement	John A.	M	1/5	3/16	9:30 AM	10:30 AM	\$43	45910	
Gentle Exercise	Marie D.	M	1/5	3/16	10:15 AM	11:15 AM	\$43	45813	
Functional Fitness	Karin V.	M	1/5	3/16	10:45 AM	11:45 AM	\$43	45768	
Functional Fitness	Julie M.	M	1/5	3/16	11:00 AM	12:00 PM	\$43	46956	
Cardio Dance & Toning	Marie D.	M	1/5	3/16	11:45 AM	12:45 PM	\$43	45730	
Balance, Strength & Core Stability	Julie M.	M	1/5	3/16	12:15 PM	1:15 PM	\$43	45700	
Pilates	Paul N.	M	1/5	3/16	12:30 PM	1:30 PM	\$43	45825	
Balance, Strength & Core Stability	Marie D.	M	3/30	6/1	9:00 AM	10:00 AM	\$39	46955	
Functional Fitness	Karin V.	M	3/30	6/1	9:30 AM	10:30 AM	\$39	45767	
Gentle Exercise	Marie D.	M	3/30	6/1	10:15 AM	11:15 AM	\$39	45804	
Functional Fitness	Karin V.	M	3/30	6/1	10:45 AM	11:45 AM	\$39	45769	
Functional Fitness	Julie M.	M	3/30	6/1	11:00 AM	12:00 PM	\$39	46957	
Cardio Dance & Toning	Marie D.	M	3/30	6/1	11:45 AM	12:45 PM	\$39	45724	
Balance, Strength & Core Stability	Julie M.	M	3/30	6/1	12:15 PM	1:15 PM	\$39	45699	
Pilates	Paul N.	M	3/30	6/1	12:30 PM	1:30 PM	\$39	45824	

# Cont. MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Stretch & Strength	Marie D.	Tu	1/6	4/7	8:30 AM	9:30 AM	\$56	45876	W I N T E R
Hatha Yoga II	Kurt R.	Tu	1/6	3/17	8:45 AM	10:00 AM	\$59	45949	
Tai Chi for Arthritis & Fall Prevention-Part 1	Ann F.	Tu	1/6	3/17	9:30 AM	10:30 AM	\$48	45892	
Hatha Yoga I	Kurt R.	Tu	1/6	3/17	10:15 AM	11:15 AM	\$48	45946	
Gentle Exercise	Lonna T.	Tu	1/6	3/17	11:00 AM	12:00 PM	\$48	45807	
Tai Chi Yang - Introduction	Ann F.	Tu	1/6	3/17	11:00 AM	12:00 PM	\$48	45888	
Cardio Step	Catherine K.	Tu	1/13	3/17	11:30 AM	12:30 PM	\$43	45733	
Simple Strength	Tracy W.	Tu	1/13	3/17	1:00 PM	1:50 PM	\$43	45851	
Functional Fitness	Julie M.	Tu	1/6	3/17	1:30 PM	2:30 PM	\$48	45770	
Functional Fitness	Tracy W.	Tu	1/13	3/17	2:00 PM	2:50 PM	\$43	45772	
Functional Fitness	Tracy W.	Tu	1/13	3/17	3:00 PM	3:50 PM	\$43	45774	
Hatha Yoga II	Kurt R.	Tu	3/31	6/2	8:45 AM	10:00 AM	\$49	45950	
Tai Chi for Arthritis & Fall Prevention-Part 1	Ann F.	Tu	3/31	6/2	9:30 AM	10:30 AM	\$43	46959	
Hatha Yoga I	Kurt R.	Tu	3/31	6/2	10:15 AM	11:15 AM	\$39	45943	
Gentle Exercise	Lonna T.	Tu	3/31	6/2	11:00 AM	12:00 PM	\$43	45808	
Tai Chi Yang - Introduction	Ann F.	Tu	3/31	6/2	11:00 AM	12:00 PM	\$43	45887	
Cardio Step	Catherine K.	Tu	3/31	6/2	11:30 AM	12:30 PM	\$43	45732	
Simple Strength	Tracy W.	Tu	3/31	5/26	1:00 PM	1:50 PM	\$39	45852	
Functional Fitness	Julie M.	Tu	3/31	6/2	1:30 PM	2:30 PM	\$43	45771	
Functional Fitness	Tracy W.	Tu	3/31	5/26	2:00 PM	2:50 PM	\$39	45773	
Functional Fitness	Tracy W.	Tu	3/31	5/26	3:00 PM	3:50 PM	\$39	45775	
Simple Strength	Marie D.	W	1/7	3/18	9:00 AM	10:00 AM	\$48	45853	W I N T E R
Parkour for Seniors: Getting Started	Darcie D.	W	1/7	2/4	9:15 AM	10:15 AM	\$22	46969	
Tai Chi Yang 24 - Refinement	John A.	W	1/7	3/18	9:30 AM	10:30 AM	\$48	45912	
Chair Exercise	Marie D.	W	1/7	3/18	10:15 AM	11:00 AM	\$36	45737	
Stretch & Strength	Ellen U.	W	1/7	3/18	10:30 AM	11:30 AM	\$43	45878	
Balance, Strength & Core Stability	Julie M.	W	1/7	3/18	11:15 AM	12:15 PM	\$48	45695	
TRX Advanced	Julie M.	W	1/7	3/18	12:30 PM	1:20 PM	\$48	45923	
Functional Fitness	Lizzy O.	W	1/7	3/18	5:30 PM	6:30 PM	\$48	45796	
Simple Strength	Marie D.	W	4/1	6/3	9:00 AM	10:00 AM	\$43	45854	
Parkour for Seniors: Getting Started	Darcie D.	W	5/6	6/3	9:15 AM	10:15 AM	\$22	46970	
Chair Exercise	Marie D.	W	4/1	6/3	10:15 AM	11:00 AM	\$33	45738	
Stretch & Strength	Ellen U.	W	4/8	6/3	10:30 AM	11:30 AM	\$39	45879	
Balance, Strength & Core Stability	Julie M.	W	4/1	6/3	11:15 AM	12:15 PM	\$43	45696	
TRX Advanced	Julie M.	W	4/1	6/3	12:30 PM	1:20 PM	\$43	45924	
Functional Fitness	Lizzy O.	W	4/1	6/3	5:30 PM	6:30 PM	\$39	45799	
Stretch & Strength	Marie D.	Th	1/8	3/19	8:15 AM	9:15 AM	\$48	45874	W I N T E R
Hatha Yoga II	Kurt R.	Th	1/8	3/19	8:45 AM	10:00 AM	\$59	45951	
Chair Exercise	Marie D.	Th	1/8	3/19	9:30 AM	10:30 AM	\$48	45739	
Tai Chi for Arthritis & Fall Prevention-Part 2	Ann F.	Th	1/8	3/19	9:30 AM	10:30 AM	\$48	45891	
Hatha Yoga I	Kurt R.	Th	1/8	3/19	10:15 AM	11:15 AM	\$48	45944	

# Cont. MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Gentle Exercise	Lonna T.	Th	1/8	3/19	11:00 AM	12:00 PM	\$48	45809	W I N T E R
Tai Chi Yang - Continuing	Ann F.	Th	1/8	3/19	11:00 AM	12:00 PM	\$48	45889	
Cardio Dance & Toning	Marie D.	Th	1/8	3/19	11:35 AM	12:35 PM	\$48	45731	
Gentle Yoga	Nansi C.	Th	1/8	3/19	1:00 PM	2:00 PM	\$48	45931	
Simple Strength	Tracy W.	Th	1/15	3/19	1:00 PM	1:50 PM	\$43	45855	
TRX Suspension Training	Francisco G.	Th	1/8	3/19	1:45 PM	2:35 PM	\$48	45921	
Functional Fitness	Tracy W.	Th	1/15	3/19	2:00 PM	2:50 PM	\$43	45790	
Pilates	Paul N.	Th	1/8	3/19	2:30 PM	3:30 PM	\$48	45829	
Functional Fitness	Tracy W.	Th	1/15	3/19	3:00 PM	3:50 PM	\$43	45788	
Stretch & Strength	Marie D.	Th	4/2	6/4	8:15 AM	9:15 AM	\$43	45875	S P R I N G
Hatha Yoga II	Kurt R.	Th	4/2	6/4	8:45 AM	10:00 AM	\$49	45952	
Chair Exercise	Marie D.	Th	4/2	6/4	9:30 AM	10:30 AM	\$43	45740	
Tai Chi for Arthritis & Fall Prevention-Part 2	Ann F.	Th	4/2	6/4	9:30 AM	10:30 AM	\$43	46958	
Hatha Yoga I	Kurt R.	Th	4/2	6/4	10:15 AM	11:15 AM	\$39	45945	
Gentle Exercise	Lonna T.	Th	4/2	6/4	11:00 AM	12:00 PM	\$43	45810	
Tai Chi Yang - Continuing	Ann F.	Th	4/2	6/4	11:00 AM	12:00 PM	\$43	45890	
Cardio Dance & Toning	Marie D.	Th	4/2	6/4	11:35 AM	12:35 PM	\$43	45727	
Gentle Yoga	Nansi C.	Th	4/2	6/4	1:00 PM	2:00 PM	\$43	45932	
Simple Strength	Tracy W.	Th	4/2	5/28	1:00 PM	1:50 PM	\$39	45856	W I N T E R
TRX Suspension Training	Francisco C.	Th	4/2	6/4	1:45 PM	2:35 PM	\$43	45922	
Functional Fitness	Tracy W.	Th	4/2	5/28	2:00 PM	2:50 PM	\$39	45789	
Pilates	Paul N.	Th	4/2	6/4	2:30 PM	3:30 PM	\$43	45831	
Functional Fitness	Tracy W.	Th	4/2	5/28	3:00 PM	3:50 PM	\$39	45791	
Gentle Yoga	Kurt R.	F	1/9	3/20	9:00 AM	10:00 AM	\$43	45933	
Functional Fitness	Karin V.	F	1/9	3/20	9:30 AM	10:30 AM	\$48	45792	
Tai Chi Yang Style Long Form	John A	F	1/9	3/20	9:30 AM	11:00 AM	\$71	45911	
Gentle Exercise	Marie D.	F	1/9	3/20	10:20 AM	11:20 AM	\$48	45811	
Functional Fitness	Karin V.	F	1/9	3/20	10:45 AM	11:45 AM	\$48	45794	
Chair One Dance Fitness	Jacqueline H.	F	1/9	3/20	12:00 PM	1:00 PM	\$48	45746	S P R I N G
Brain & Body Fitness	UW/Karin V.	F	1/23	2/13	12:00 PM	1:15 PM	\$0	46960	
Gentle Yoga	Kurt R.	F	4/3	6/5	9:00 AM	10:00 AM	\$39	45934	
Functional Fitness	Karin V.	F	4/3	6/5	9:30 AM	10:30 AM	\$43	45793	
Gentle Exercise	Marie D.	F	4/3	6/5	10:20 AM	11:20 AM	\$43	45812	
Functional Fitness	Karin V.	F	4/3	6/5	10:45 AM	11:45 AM	\$43	45795	S P R I N G
Chair One Dance Fitness	Jacqueline H.	F	4/3	6/5	12:00 PM	1:00 PM	\$43	45747	

# MSCR CENTRAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Tai Chi Yang - Introduction	Ellen H.	M	1/5	3/16	9:30 AM	10:30 AM	\$43	45895	W I N T E R
QiGong - Intro	Ellen H.	M	1/5	3/16	10:45 AM	11:30 AM	\$33	45846	
Cardio Dance & Toning	Karin V.	M	1/5	3/16	12:30 PM	1:30 PM	\$43	45725	
Tai Chi Yang - Introduction	Ellen H.	M	3/30	6/1	9:30 AM	10:30 AM	\$39	45896	S P R I N G
QiGong - Intro	Ellen H.	M	3/30	6/1	10:45 AM	11:30 AM	\$29	45847	
Cardio Dance & Toning	Karin V.	M	3/30	6/1	12:30 PM	1:30 PM	\$39	45728	
Tai Chi Yang 24 - Refinement	Bob C.	Tu	1/6	3/17	12:45 PM	1:45 PM	\$48	45906	W
Tai Chi Advanced	Bob C.	Tu	1/6	3/17	2:00 PM	3:30 PM	\$71	45885	
Tai Chi Yang 24 - Refinement	Bob C.	Tu	3/31	6/2	12:45 PM	1:45 PM	\$43	45907	S
Tai Chi Advanced	Bob C.	Tu	3/31	6/2	2:00 PM	3:30 PM	\$65	45886	
Balance, Strength & Core Stability	Janelle W.	W	1/7	3/18	7:30 AM	8:15 AM	\$36	45697	W I N T E R
Functional Fitness	Janelle W.	W	1/7	3/18	8:30 AM	9:20 AM	\$48	45776	
Functional Fitness	Janelle W.	W	1/7	3/18	9:30 AM	10:20 AM	\$48	45778	
Functional Fitness	Janelle W.	W	1/7	3/18	10:30 AM	11:20 AM	\$48	45780	
Functional Fitness	Janelle W.	W	1/7	3/18	11:30 AM	12:20 PM	\$48	45782	
Circuit Fitness	Janelle W.	W	1/7	3/18	12:30 PM	1:20 PM	\$48	45797	
Balance, Strength & Core Stability	Janelle W.	W	4/1	6/3	7:30 AM	8:15 AM	\$33	45701	S P R I N G
Functional Fitness	Janelle W.	W	4/1	6/3	8:30 AM	9:20 AM	\$43	45777	
Functional Fitness	Janelle W.	W	4/1	6/3	9:30 AM	10:20 AM	\$43	45779	
Functional Fitness	Janelle W.	W	4/1	6/3	10:30 AM	11:20 AM	\$43	45781	
Functional Fitness	Janelle W.	W	4/1	6/3	11:30 AM	12:20 PM	\$43	45783	
Circuit Fitness	Janelle W.	W	4/1	6/3	12:30 PM	1:20 PM	\$43	45798	
Balance, Strength & Core Stability	Catherine K.	Th	1/15	3/19	10:00 AM	11:00 AM	\$43	45698	W
Cardio Step	Catherine K.	Th	1/15	3/19	11:15 AM	12:15 PM	\$43	45722	
Balance, Strength & Core Stability	Catherine K.	Th	4/2	6/4	10:00 AM	11:00 AM	\$43	45702	S
Cardio Step	Catherine K.	Th	4/2	6/4	11:15 AM	12:15 PM	\$43	45723	
QiGong for Renewal & Relaxation	Bob C.	F	1/9	3/20	10:30 AM	11:30 AM	\$48	45900	W I N T E R
Tai Chi Yang 24 - Refinement	Bob C.	F	1/9	3/20	1:00 PM	2:00 PM	\$48	45905	
Chair Yoga	Catherine K.	F	1/16	3/20	10:00 AM	10:45 AM	\$33	45929	
Strength Training for Women	Catherine K.	F	1/16	3/20	11:00 AM	12:00 PM	\$43	45866	
Cardio Dance	Catherine K.	F	1/16	3/20	12:15 PM	1:15 PM	\$43	45717	
Chair Yoga	Catherine K.	F	4/3	6/5	10:00 AM	10:45 AM	\$33	45930	
Strength Training for Women	Catherine K.	F	4/3	6/5	11:00 AM	12:00 PM	\$43	45867	S P R I N G
Cardio Dance	Catherine K.	F	4/3	6/5	12:15 PM	1:15 PM	\$43	45721	
Brain Health & Mind-Body Integration	Abby S.	Sa	4/4	6/6	9:30 AM	10:30 AM	\$43	45823	S

## WARNER PARK

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Functional Fitness	Mary B.	M	1/5	3/16	9:00 AM	10:00 AM	\$43	45762	W
Stretch & Strength	Lynelle H.	M	1/5	3/16	11:00 AM	11:45 AM	\$33	45840	
Functional Fitness	Mary B.	M	3/30	6/1	9:00 AM	10:00 AM	\$39	45763	S
Stretch & Strength	Lynelle H.	M	3/30	6/1	11:00 AM	11:45 AM	\$29	45841	
Chair Exercise	Marie D.	Tu	1/6	3/17	10:15 AM	11:15 AM	\$48	45734	W
Balance, Strength & Core Stability	Marie D.	Tu	1/6	3/17	11:30 AM	12:30 PM	\$48	45756	
Chair Exercise	Marie D.	Tu	3/31	6/2	10:15 AM	11:15 AM	\$43	45735	S
Balance, Strength & Core Stability	Marie D.	Tu	3/31	6/2	11:30 AM	12:30 PM	\$43	45757	
Stretch & Strength	Lynelle H.	W	1/7	3/18	9:00 AM	9:45 AM	\$36	45877	W I N T E R
Functional Fitness	Mary B.	W	1/7	3/18	9:00 AM	10:00 AM	\$48	45764	
Pure Strength	Lynelle H.	W	1/7	3/18	10:15 AM	11:00 AM	\$36	45839	
Mindfulness Movement & Joint Health	Mimi M.	W	1/7	3/18	10:30 AM	11:45 AM	\$48	45818	
Tai Chi Yang 24 - Refinement	Bob C.	W	1/7	3/18	1:00 PM	2:00 PM	\$48	45897	
Stretch & Strength	Lynelle H.	W	4/1	6/3	9:00 AM	9:45 AM	\$33	45880	S P R I N G
Functional Fitness	Mary B.	W	4/1	6/3	9:00 AM	10:00 AM	\$43	45765	
Pure Strength	Lynelle H.	W	4/1	6/3	10:15 AM	11:00 AM	\$33	45836	
Mindfulness Movement & Joint Health	Mimi M.	W	4/1	6/3	10:30 AM	11:45 AM	\$43	45819	
Tai Chi Yang 24 - Refinement	Bob C.	W	4/1	6/3	1:00 PM	2:00 PM	\$43	45901	
Pure Strength	Lynelle H.	Th	1/8	3/19	10:30 AM	11:15 AM	\$36	45837	W
Pure Strength	Lynelle H.	Th	4/2	6/4	10:30 AM	11:15 AM	\$33	45838	S
Mindfulness Movement & Gut Health	Mimi M.	F	1/9	3/20	10:30 AM	11:45 AM	\$48	45817	W
Chair Exercise	Marie D.	F	1/9	3/20	12:30 PM	1:30 PM	\$48	45741	
Mindfulness Movement & Gut Health	Mimi M.	F	4/3	6/5	10:30 AM	11:45 AM	\$43	45816	S
Chair Exercise	Marie D.	F	4/3	6/5	12:30 PM	1:30 PM	\$43	45742	

## Madison Circus Space

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Fallkour: Parkour Meets the Art of Falling	Shelby/Barb	M	1/5	2/9	9:30 AM	10:30 AM	\$38	45821	W
Fallkour: Parkour Meets the Art of Falling	Shelby/Barb	M	3/30	4/27	9:30 AM	10:30 AM	\$38	45964	S
Parkour for Seniors	Susan/Shelby	Tu	1/6	3/17	9:30 AM	11:00 AM	\$83	45820	W

# VIRTUAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Pure Strength	Janelle W.	M	1/5	3/16	8:30 AM	9:15 AM	\$33	45842	W I N T E R
Chair Exercise	Jamie A.	M	1/5	3/16	9:15 AM	10:15 AM	\$43	45745	
Yoga for Pickleball Injury Prevention	Lisa H.	M	1/5	3/16	10:00 AM	10:45 AM	\$33	46966	
Yoga Suave en Español	Clare N.	M	1/5	3/16	10:15 AM	11:15 AM	\$0	45962	
Functional Fitness	Ron D.	M	1/5	3/16	10:30 AM	11:30 AM	\$43	45802	
Pure Strength	Janelle W.	M	3/30	6/1	8:30 AM	9:15 AM	\$29	45843	S P R I N G
Chair Exercise	Jamie A.	M	3/30	6/1	9:15 AM	10:15 AM	\$39	45744	
Yoga for Pickleball Injury Prevention	Lisa H.	M	3/30	6/1	10:00 AM	10:45 AM	\$26	45882	
Yoga Suave en Español	Clare N.	M	3/30	6/1	10:15 AM	11:15 AM	\$0	45963	
Functional Fitness	Ron D.	M	3/30	6/1	10:30 AM	11:30 AM	\$39	45800	
Strength Training for Women	Lisa H.	Tu	1/6	3/17	8:00 AM	8:45 AM	\$36	45873	W I N T E R
Simple Strength	Becky O.	Tu	1/13	3/17	9:00 AM	10:00 AM	\$43	45858	
Yoga Flow	Lisa H.	Tu	1/6	3/17	9:00 AM	9:45 AM	\$36	45958	
Gentle Yoga	Clare N.	Tu	1/6	3/17	10:30 AM	11:30 AM	\$48	45935	
Chair One Dance Fitness	Jacqueline H.	Tu	1/6	3/17	12:15 PM	1:00 PM	\$33	45749	
Meditation	Nansi C.	Tu	1/6	3/10	1:00 PM	2:00 PM	\$35	45953	
Strength Training for Women	Lisa H.	Tu	3/31	6/2	8:00 AM	8:45 AM	\$29	45872	S P R I N G
Simple Strength	Becky O.	Tu	3/31	6/2	9:00 AM	10:00 AM	\$43	45857	
Yoga Flow	Lisa H.	Tu	3/31	6/2	9:00 AM	9:45 AM	\$29	45961	
Gentle Yoga	Clare N.	Tu	3/31	6/2	10:30 AM	11:30 AM	\$43	45936	
Chair One Dance Fitness	Jacqueline H.	Tu	3/31	6/2	12:15 PM	1:00 PM	\$29	45748	
Meditation	Nansi C.	Tu	3/31	5/26	1:00 PM	2:00 PM	\$39	45954	
Core without the Floor	Ron D.	W	1/7	3/18	9:00 AM	9:30 AM	\$24	45759	W I N T E R
Walk & Tone	Lisa H.	W	1/7	3/18	10:00 AM	10:45 AM	\$36	46967	
Pickleball Fit: Strength & Agility	Ron D.	W	1/7	3/18	3:00 PM	4:00 PM	\$48	45844	
Core without the Floor	Ron D.	W	4/1	6/3	9:00 AM	9:30 AM	\$22	45758	S P R I N G
Walk & Tone	Lisa H.	W	4/1	6/3	10:00 AM	10:45 AM	\$29	45925	
Pickleball Fit: Strength & Agility	Ron D.	W	4/1	6/3	3:00 PM	4:00 PM	\$43	45845	
Simple Strength	Becky O.	Th	1/15	3/19	9:00 AM	10:00 AM	\$43	45859	W I N T E R
Functional Fitness	Ron D.	Th	1/8	3/19	9:30 AM	10:30 AM	\$48	45803	
Yoga Flow	Clare N.	Th	1/8	3/19	10:30 AM	11:30 AM	\$48	45960	
Balancing Act	Kevin W.	Th	1/8	3/19	1:00 PM	1:45 PM	\$36	45704	
Simple Strength	Becky O.	Th	4/2	6/4	9:00 AM	10:00 AM	\$43	45860	S P R I N G
Functional Fitness	Ron D.	Th	4/2	6/4	9:30 AM	10:30 AM	\$43	45801	
Yoga Flow	Clare N.	Th	4/2	6/4	10:30 AM	11:30 AM	\$43	45959	
Balancing Act	Kevin W.	Th	4/2	6/4	1:00 PM	1:45 PM	\$33	45705	
Core without the Floor	Ron D.	F	1/9	3/20	9:00 AM	9:45 AM	\$36	45760	W
Core without the Floor	Ron D.	F	4/3	6/5	9:00 AM	9:45 AM	\$33	45761	S

## OUTDOOR

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Tai Chi Yang 24 - Refinement	John A.	M	3/30	6/1	9:30 AM	10:30 AM	\$39	45916	S
Snowshoeing	Outdoor Team	Tu	1/27	1/27	10:00 AM	12:00 PM	\$10	45864	W
Parkour for Seniors	Susan/Shelby	Tu	3/31	6/2	9:30 AM	11:00 AM	\$75	45822	S P R I N G
Stretch & Strength	Marie D.	Tu	4/14	6/2	8:30 AM	9:30 AM	\$35	45881	
WalkAbouts	TBD	Tu	4/21	6/2	9:15 AM	10:15 AM	\$30	45926	
Snowshoeing	Outdoor Team	W	2/18	2/18	10:00 AM	12:00 PM	\$10	45865	W
Tai Chi Yang 24 - Refinement	John A.	W	4/1	6/3	9:30 AM	10:30 AM	\$43	45914	S P R I N G
Bicycling - Back in the Saddle	Annie S.	W	4/1	4/29	10:00 AM	12:00 PM	\$22	45713	
Tai Chi Pole	Bob C.	W	4/1	6/3	3:00 PM	4:00 PM	\$43	45909	
Nordic Pole Walking	Paula I.	W	4/22	5/20	9:30 AM	10:30 AM	\$13	45927	
Snowshoeing	Outdoor Team	Th	2/5	2/5	1:00 PM	3:00 PM	\$10	45863	W
Parkour for Seniors	Susan/Shelby	Th	4/2	6/4	9:00 AM	10:30 AM	\$75	46971	S P R I N G
Nordic Pole Walking - Workshop	Paula I.	Th	4/30	4/30	10:15 AM	11:15 AM	\$5	46961	
Nordic Pole Walking - Workshop	Paula I.	Th	5/14	5/14	10:00 AM	11:00 AM	\$5	46962	
Tai Chi Yang Style Long Form	John A.	F	4/3	6/5	9:30 AM	11:00 AM	\$65	45915	S P R I N G
QiGong for Renewal & Relaxation	Bob C.	F	4/3	6/5	10:30 AM	11:30 AM	\$43	45848	
Tai Chi Yang 24 - Refinement	Bob C.	F	4/3	6/5	1:00 PM	2:00 PM	\$43	45902	

## AQUATICS: LAPHAM POOL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Aqua Exercise Warm Water	Heidi S.	M	1/26	3/16	2:00 PM	3:00 PM	\$42	45681	W
Aqua Exercise Warm Water	Heidi S.	M	1/26	3/16	3:15 PM	4:15 PM	\$42	45682	
Aqua Exercise Warm Water	Heidi S.	M	3/30	5/18	2:00 PM	3:00 PM	\$42	45687	S
Aqua Exercise Warm Water	Heidi S.	M	3/30	5/18	3:15 PM	4:15 PM	\$42	45688	
Aqua Arthritis Exercise	Deb S.	Tu	1/20	3/17	3:15 PM	4:15 PM	\$72	45665	W
Aqua Arthritis Exercise	Deb S.	Tu	3/31	5/19	3:15 PM	4:15 PM	\$64	45668	S
Aqua Exercise Warm Water	Catherine K.	W	1/21	3/18	3:15 PM	4:15 PM	\$48	45685	W
Aqua Exercise Warm Water	Catherine K.	W	4/1	5/20	3:15 PM	4:15 PM	\$42	45691	S
Aqua Arthritis Exercise	Ella R.	Th	1/22	3/19	3:15 PM	4:15 PM	\$48	45667	W
Aqua Arthritis Exercise	Ella R.	Th	4/2	5/21	3:15 PM	4:15 PM	\$42	45670	S

## AQUATICS: CAPITOL LAKES

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #	Szn
Aqua Exercise Shallow Water	Rebekah D.	M	1/26	3/16	3:00 PM	4:00 PM	\$46	45677	W I N T E R
Aqua Exercise Warm Water	Rebekah D.	M	1/26	3/16	4:15 PM	5:15 PM	\$46	45683	
Aqua Exercise Deep Water	Ella R.	M	1/26	3/16	5:30 PM	6:30 PM	\$46	45671	
Aqua Exercise Shallow Water	Rebekah D.	M	3/30	5/18	3:00 PM	4:00 PM	\$46	45679	S P R I N G
Aqua Exercise Warm Water	Rebekah D.	M	3/30	5/18	4:15 PM	5:15 PM	\$46	45689	
Aqua Exercise Deep Water	TBD	M	3/30	5/18	5:30 PM	6:30 PM	\$46	45674	
Aqua Exercise Deep Water	TBD	Tu	1/20	3/17	2:30 PM	3:30 PM	\$52	45672	W
Aqua Exercise Warm Water	TBD	Tu	1/20	3/17	3:45 PM	4:45 PM	\$52	45684	
Aqua Exercise Deep Water	TBD	Tu	3/31	5/19	2:30 PM	3:30 PM	\$46	45675	S
Aqua Exercise Warm Water	TBD	Tu	3/31	5/16	3:45 PM	4:45 PM	\$46	45690	
Aqua Arthritis Exercise	Alyssa M.	W	1/21	3/18	2:00 PM	3:00 PM	\$52	45666	W
Aqua Exercise Deep Water	Alyssa M.	W	1/21	3/18	3:15 PM	4:15 PM	\$52	45673	
Aqua Arthritis Exercise	Alyssa M.	W	4/1	5/20	2:00 PM	3:00 PM	\$46	45669	S
Aqua Exercise Deep Water	Alyssa M.	W	4/1	5/20	3:15 PM	4:15 PM	\$46	45676	
Aqua Exercise Shallow Water	Vicki G.	Th	1/22	3/19	2:00 PM	3:00 PM	\$52	45678	W
Aqua Exercise Warm Water	Vicki G.	Th	1/22	3/19	3:15 PM	4:15 PM	\$52	45686	
Aqua Exercise Shallow Water	Vicki G.	Th	4/2	5/21	2:00 PM	3:00 PM	\$46	45680	S
Aqua Exercise Warm Water	Vicki G.	Th	4/2	5/21	3:15 PM	4:15 PM	\$46	45692	