



Summer 2026

Adult Fitness Class Schedule & Instructor List



MSCR CENTRAL

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
CENTRAL	Mindfulness Movement & Joint Health	Mimi M.	M	6/22/2026	8/17/2026	6:00 PM	7:15 PM	\$45	51947
	Yoga Flow	Anne D.	M	6/22/2026	8/17/2026	6:30 PM	7:30 PM	\$40	51135
	Strength Training for Women	Grace H.	T	6/23/2026	8/18/2026	4:30 PM	5:15 PM	\$45	51029
	Yoga Amped	Grace H.	T	6/23/2026	8/18/2026	5:30 PM	6:15 PM	\$45	51112
	WERQ	Fawn C.	T	6/23/2026	8/18/2026	6:30 PM	7:15 PM	\$45	51065
	Mindfulness Movement & Gut Health	Mimi M.	W	6/24/2026	8/19/2026	6:00 PM	7:15 PM	\$45	51172
	Yoga Amped	Grace H.	Th	6/25/2026	8/20/2026	7:15 AM	8:00 AM	\$40	51113
	Prenatal & Postnatal Yoga	Grace H.	Th	6/25/2026	8/20/2026	8:15 AM	9:15 AM	\$40	52771
Zumba	Jacqueline H.	Th	6/25/2026	8/20/2026	6:00 PM	6:45 PM	\$45	51169	

MSCR EAST

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
EAST	Row Fit	Aarika M.	M	6/22/2026	8/17/2026	4:00 PM	4:45 PM	\$45	51026
	Row Fit	Aarika M.	M	6/22/2026	8/17/2026	5:00 PM	5:45 PM	\$45	52919
	WERQ	Keena A.	M	6/22/2026	8/17/2026	6:00 PM	6:45 PM	\$45	51064
	TRX Yoga	Galia P.	T	6/23/2026	8/18/2026	4:15 PM	5:00 PM	\$68	52769
	Cardio Dance & Toning	Karin V.	T	6/23/2026	8/18/2026	5:30 PM	6:15 PM	\$68	50831
	Pure Strength	Aubrie M.	T	7/7/2026	8/11/2026	5:30 PM	6:15 PM	\$45	50970
	Entrenamiento de Resistencia	Karen C.	W	6/24/2026	8/19/2026	5:15 PM	6:00 PM	\$45	53051
	WERQ Like a Boss	Fawn C.	W	6/24/2026	8/19/2026	6:30 PM	7:30 PM	\$45	51075
	Strength Training for Women	Lynelle H.	Th	6/25/2026	8/13/2026	4:00 PM	4:45 PM	\$40	52785
	Pure Strength	Lynelle H.	Th	6/25/2026	8/13/2026	5:00 PM	5:45 PM	\$40	52784
	Yoga Flow	Mick M.	Th	6/25/2026	8/20/2026	5:30 PM	6:30 PM	\$35	52787
	Cardio Dance	Lizzy O.	Th	6/25/2026	8/20/2026	6:30 PM	7:15 PM	\$45	50828
	Yin Yoga	Mick M.	Th	6/25/2026	8/20/2026	6:45 PM	7:45 PM	\$35	52786
	Arms & Abs	Jamie A.	F	6/26/2026	8/21/2026	8:15 AM	9:00 AM	\$35	50793

MSCR WEST

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
WEST	Gentle Yoga	Erika F.	M	6/22/2026	8/17/2026	4:30 PM	5:30 PM	\$45	53048
	Pure Strength	Valentina A.	M	6/22/2026	8/17/2026	5:45 PM	6:30 PM	\$35	52791
	WERQ Like a Boss	Sia F.	M	6/22/2026	8/10/2026	6:00 PM	7:00 PM	\$40	52789
	HIIT	Valentina A.	M	6/22/2026	8/17/2026	6:45 PM	7:30 PM	\$35	50850
	Barre Sculpt	Kelsey S.	T	6/23/2026	8/4/2026	4:30 PM	5:15 PM	\$35	52774
	Total Body Fitness	Oliver S.	T	6/23/2026	8/18/2026	5:45 PM	6:30 PM	\$45	52788
	Yoga Flow	Heidi G.	T	6/23/2026	8/18/2026	7:15 PM	8:15 PM	\$45	51131
	BollyX Dance	Jacqueline H.	W	6/24/2026	8/19/2026	6:00 PM	6:45 PM	\$40	50814
	Barre Sculpt	Alaina G.	Th	6/25/2026	7/30/2026	5:00 PM	6:00 PM	\$30	50802
	Pure Strength	Valentina A.	Th	6/25/2026	8/20/2026	5:45 PM	6:30 PM	\$30	52792
	WERQ	Sia F.	Th	6/25/2026	8/20/2026	6:45 PM	7:30 PM	\$45	52790

VIRTUAL

Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
VIRTUAL	Pure Strength - Virtual	Lisa H.	M	6/22/2026	8/17/2026	7:00 AM	7:45 AM	\$45	52776
	Arms & Abs - Virtual	Jamie A.	M	6/22/2026	8/17/2026	8:15 AM	9:00 AM	\$40	50794
	WERQ - Virtual	Keena A.	M	6/22/2026	8/17/2026	6:00 PM	6:45 PM	\$45	51074
	Yoga Flow - Virtual	Lisa H.	T	6/23/2026	8/18/2026	7:00 AM	7:45 AM	\$45	52779
	Mat Pilates - Virtual	Ellen U.	T	6/23/2026	8/11/2026	6:00 PM	6:45 PM	\$40	50914
	Yin Yoga - Virtual	Clare N.	T	6/23/2026	8/18/2026	7:00 PM	8:00 PM	\$45	51085
	Barre Sculpt - Virtual	Lisa H.	W	6/24/2026	8/19/2026	7:00 AM	7:45 AM	\$45	52780
	Total Body Fitness - Virtual	Jamie A.	W	6/24/2026	8/19/2026	11:00 AM	11:45 AM	\$40	51047
	Pure Strength - Virtual	Jamie A.	Th	6/25/2026	8/20/2026	5:00 PM	5:45 PM	\$40	51022
	Hatha Yoga II - Virtual	Kurt R.	Th	6/25/2026	8/20/2026	5:00 PM	6:15 PM	\$45	50849
	Gentle Yoga - Virtual	Galia P.	Th	6/25/2026	8/20/2026	5:30 PM	6:30 PM	\$45	50835
	Arms & Abs - Virtual	Jamie A.	F	6/26/2026	8/21/2026	8:15 AM	9:00 AM	\$35	50795

WARNER PARK

Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Strength Training for Women	Lynelle H.	M	6/22/2026	8/10/2026	12:00 PM	12:45 PM	\$40	52783
Hatha Yoga II	Kurt R.	M	6/22/2026	8/17/2026	5:30 PM	6:45 PM	\$45	52775
Hatha Yoga I	Kurt R.	M	6/22/2026	8/17/2026	7:00 PM	8:00 PM	\$45	50842
Mat Pilates	Ellen U.	T	6/23/2026	8/11/2026	8:30 AM	9:15 AM	\$40	50902

OUTDOOR

Class	Location	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
WERQ - Outdoor	Monona Golf Course	Sia F.	M	6/15/2026	6/15/2026	6:00 PM	6:45 PM	\$7	53045
Gentle Yoga - Outdoor	Olbrich Park	Ellen U.	M	6/22/2026	8/10/2026	5:00 PM	6:00 PM	\$40	50837
Sunrise Yoga - Outdoor	Monona Golf	Grace H.	T	6/9/2026	6/9/2026	7:00 AM	7:45 AM	\$7	53046
Couch to 5K Run Club - Outdoor	MSCR Central	Grace H.	T	6/16/2026	8/4/2026	6:30 PM	7:15 PM	\$40	52770
Kickbox Cardio - Outdoor	Garner Park	Joanne H.	T	6/23/2026	8/18/2026	4:45 PM	5:30 PM	\$45	52772
Bootcamp - Outdoor	Olbrich Park	Julie T.	T	6/23/2026	8/18/2026	5:15 PM	6:15 PM	\$45	52964
Pure Strength - Outdoor	Garner Park	Joanne H.	T	6/23/2026	8/18/2026	5:40 PM	6:25 PM	\$45	52773
Pure Strength - Outdoor	Monona Golf	Jamie A.	T	7/14/2026	7/14/2026	5:00 PM	5:45 PM	\$7	53041
Bicycling - Happy Trails	Olbrich Park	Annie S.	W	6/10/2026	7/1/2026	9:30 AM	11:30 AM	\$20	50809
Bicycling - Let's Talk Bikes	Olbrich Park	Annie S.	W	6/10/2026	7/1/2026	11:30 AM	12:30 PM	\$5	52924
LGBTQIA+ Yoga - Outdoor	Tenney Park	Mick M.	W	6/24/2026	8/19/2026	5:30 PM	6:30 PM	\$40	50892
Endurance Hike - Outdoor	Varies	Anna M.	W	6/24/2026	7/15/2026	6:00 PM	7:15 PM	\$19	53042
Bicycling - Happy Trails	Lussier Family Heritage Center	Annie S.	W	7/8/2026	7/29/2026	9:30 AM	11:30 AM	\$20	52997
Bicycling - Let's Talk Bikes	Lussier Family Heritage Center	Annie S.	W	7/8/2026	7/29/2026	11:30 AM	12:30 PM	\$5	52998
Bootcamp - Outdoor	Wirth Court Park	Aubrie M.	W	7/8/2026	8/12/2026	5:30 PM	6:15 PM	\$30	53003
Endurance Hike - Outdoor	Varies	Anna M.	W	7/22/2026	8/5/2026	6:00 PM	7:15 PM	\$19	53043
Pure Strength - Outdoor	Acewood Park	Jamie A.	F	6/26/2026	8/21/2026	9:30 AM	10:15 AM	\$35	51005
Yoga Flow - Outdoor	Olbrich Park	Mick M.	Sa	6/27/2026	8/15/2026	8:30 AM	9:30 AM	\$30	51150