



Spring 2026

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	3/30	6/1	8:30 AM	9:15 AM	\$29	45833
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	Jan H.	M	3/30	6/1	10:45 AM	11:45 AM	\$39	45719
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
Gentle Yoga Flow	Laura M.	Tu	3/31	6/2	3:00 PM	4:00 PM	\$43	45941
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
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
Functional Fitness	Deb S.	Th	4/2	6/4	9:00 AM	10:00 AM	\$43	45785
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	4/3	6/5	9:00 AM	10:00 AM	\$43	45707
Cardio Dance	Jan H.	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
Brain Health & Mind-Body Integration	Abby S.	Sa	4/14	5/16	9:30 AM	10:30 AM	\$30	45823

MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
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
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	TBD	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	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	4/2	6/4	8:15 AM	9:15 AM	\$43	45875
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	TBD	Th	4/2	6/4	11:00 AM	12:00 PM	\$43	45810

MSCR WEST Cont.

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
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
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
Small Group: Row + Strength Fundamentals	Francisco C.	Th	4/2	6/4	3:00 PM	3:50 PM	\$55	52840
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
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 #
Tai Chi Yang - Introduction	Ellen H.	M	3/30	6/1	9:30 AM	10:30 AM	\$39	45896
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	3/31	6/2	12:45 PM	1:45 PM	\$43	45907
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	4/1	6/3	7:30 AM	8:15 AM	\$33	45701
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	4/2	6/4	10:00 AM	11:00 AM	\$43	45702
Cardio Step	Catherine K.	Th	4/2	6/4	11:15 AM	12:15 PM	\$43	45723
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
Cardio Dance	Catherine K.	F	4/3	6/5	12:15 PM	1:15 PM	\$43	45721

WARNER PARK

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Functional Fitness	Mary B.	M	3/30	6/1	9:00 AM	10:00 AM	\$39	45763
Stretch & Strength	Lynelle H.	M	3/30	6/1	11:00 AM	11:45 AM	\$29	45841
Chair Exercise	Marie D.	Tu	3/31	6/2	10:15 AM	11:15 AM	\$43	45735
Balance, Strength & Core Stability	Marie D.	Tu	3/31	6/2	11:30 AM	12:30 PM	\$43	45757
Stretch & Strength	Lynelle H.	W	4/1	6/3	9:00 AM	9:45 AM	\$33	45880
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	4/2	6/4	10:30 AM	11:15 AM	\$33	45838
Mindfulness Movement & Gut Health	Mimi M.	F	4/3	6/5	10:30 AM	11:45 AM	\$43	45816
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 #
Fallkour: Parkour Meets the Art of Falling	Shelby/Barb	M	3/30	4/27	9:30 AM	10:30 AM	\$38	45964

VIRTUAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Pure Strength	Janelle W.	M	3/30	6/1	8:30 AM	9:15 AM	\$29	45843
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	3/31	6/2	8:00 AM	8:45 AM	\$29	45872
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
Meditation	Nansi C.	Tu	3/31	5/26	1:00 PM	2:00 PM	\$39	45954
Core without the Floor	Ron D.	W	4/1	6/3	9:00 AM	9:30 AM	\$22	45758
Walk & Tone	Lisa H.	W	4/1	6/3	10:00 AM	10:45 AM	\$29	45925
Pickleball-Inspired Strength & Agility	Ron D.	W	4/1	6/3	3:00 PM	4:00 PM	\$43	45845
Simple Strength	Becky O.	Th	4/2	6/4	9:00 AM	10:00 AM	\$43	45860
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	4/3	6/5	9:00 AM	9:45 AM	\$33	45761

OUTDOOR

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Tai Chi Yang 24 - Refinement	John A.	M	3/30	6/1	9:30 AM	10:30 AM	\$39	45916
Parkour for Seniors	Susan/Shelby	Tu	3/31	6/2	9:30 AM	11:00 AM	\$75	45822
Stretch & Strength	Marie D.	Tu	4/14	6/2	8:30 AM	9:30 AM	\$35	45881
WalkAbouts	Jan H.	Tu	4/21	6/2	9:15 AM	10:15 AM	\$30	45926
Tai Chi Yang 24 - Refinement	John A.	W	4/1	6/3	9:30 AM	10:30 AM	\$43	45914
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
Parkour for Seniors	Barb/Shelby	Th	4/2	6/4	9:00 AM	10:30 AM	\$75	46971
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
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