



Summer 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	6/22	8/17	8:30 AM	9:15 AM	\$29	51467
Circuit Fitness	Janelle W.	M	6/22	8/17	9:30 AM	10:30 AM	\$39	51367
Gentle Yoga Flow	Ellen U.	M	6/22	8/10	9:45 AM	10:30 AM	\$26	51751
Balance, Strength & Core Stability	Janelle W.	M	6/22	8/17	10:45 AM	11:30 AM	\$29	51337
Cardio Dance	Jan H.	M	6/22	8/17	10:45 AM	11:45 AM	\$39	51345
TRX Suspension Training	Deb S.	Tu	6/23	8/18	8:45 AM	9:45 AM	\$39	51622
Gentle Exercise	Karin V.	Tu	6/23	8/18	10:00 AM	11:00 AM	\$39	51453
Arms & Abs	Karin V.	Tu	6/23	8/18	11:15 AM	12:00 PM	\$29	51325
Row Fit	Lynelle/Mindy	Tu	6/23	8/18	11:45 AM	12:35 PM	\$39	51475
Pure Strength	Karin V.	Tu	6/23	8/18	12:15 PM	1:00 PM	\$29	51468
Chair Exercise	Karin V.	Tu	6/23	8/18	1:15 PM	2:00 PM	\$29	51363
Pilates	Ellen U.	W	6/24	8/12	8:15 AM	9:15 AM	\$35	51466
Tai Chi Foundational Skill Bldg Wksp	Ellen H.	W	7/15	8/19	8:30 AM	9:15 AM	\$26	51332
Cardio Dance & Toning	Karin V.	W	6/24	8/19	9:30 AM	10:30 AM	\$39	51354
Tai Chi for Arthritis & Fall Prev. - Pt 1	Ellen H.	W	6/24	8/19	9:30 AM	10:30 AM	\$39	51493
Yang Style Tai Chi 10 Form	Ellen H.	W	6/24	8/19	10:45 AM	11:45 AM	\$39	51343
Strength Training for Women	Deb S.	W	6/24	8/19	11:00 AM	12:00 PM	\$39	51480
Stretch & Strength	Lynelle H.	W	6/24	8/12	12:00 PM	12:45 PM	\$26	52801
Sm. Grp: Row + Strength Fund.	Karen C.	W	6/24	8/19	4:10 PM	5:00 PM	\$50	52918
Functional Fitness	Deb S.	Th	6/25	8/20	9:00 AM	10:00 AM	\$39	51396
Functional Fitness	Deb S.	Th	6/25	8/20	10:15 AM	11:15 AM	\$39	51430
Yoga Flow	Galia P.	Th	6/25	8/20	10:30 AM	11:30 AM	\$39	51837
Groove	Gaylene B.	Th	6/25	8/20	12:00 PM	1:00 PM	\$39	51342
TRX Suspension Training	Deb S.	Th	6/25	8/20	12:00 PM	1:00 PM	\$39	51620
Tai Chi Yang - Continuing	Bob C.	Th	6/25	8/20	12:15 PM	1:15 PM	\$39	52810
Tai Chi Yang 24 - Refinement	Bob C.	Th	6/25	8/20	1:30 PM	2:30 PM	\$39	51488
Tai Chi Yang - Introduction	Bob C.	Th	6/25	8/20	2:45 PM	3:45 PM	\$39	52811
Cardio Dance	Jan H.	F	6/26	8/21	10:45 AM	11:45 AM	\$35	51346
Sm. Grp: Row + Strength Fund.	Janelle W.	F	6/26	8/21	11:15 AM	12:10 PM	\$44	51543
Strength Training for Women	Janelle W.	F	6/26	8/21	12:30 PM	1:30 PM	\$35	51482
Circuit Fitness	Janelle W.	F	6/26	8/21	1:45 PM	2:45 PM	\$35	51368

MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Balance, Strength & Core Stability	Marie D.	M	6/22	8/17	9:00 AM	10:00 AM	\$39	51369
Functional Fitness	Karin V.	M	6/22	8/17	9:30 AM	10:30 AM	\$39	51409
Gentle Exercise	Marie D.	M	6/22	8/17	10:15 AM	11:15 AM	\$39	51455
Functional Fitness	Karin V.	M	6/22	8/17	10:45 AM	11:45 AM	\$39	51429
Functional Fitness	Julie M.	M/W	8/3	8/19	11:15 AM	12:15 PM	\$52	51412
Cardio Dance & Toning	Marie D.	M	6/22	8/17	11:45 AM	12:45 PM	\$39	51355
Balance, Strength & Core Stability	Julie M.	M/W	8/3	8/19	12:30 PM	1:30 PM	\$52	51328
Pilates	Paul N.	M	6/22	8/17	12:30 PM	1:30 PM	\$39	51464
Hatha Yoga II	Kurt R.	Tu	6/23	8/18	8:45 AM	10:00 AM	\$43	51797
Tai Chi for Arthritis & Fall Prev. - Pt 1	Ann F.	Tu	6/23	8/18	9:30 AM	10:30 AM	\$39	51492
Hatha Yoga I	Kurt R.	Tu	6/23	8/18	10:15 AM	11:15 AM	\$35	51765
Gentle Exercise	TBD	Tu	6/23	8/18	11:00 AM	12:00 PM	\$39	51452
Tai Chi Yang - Introduction	Ann F.	Tu	6/23	8/18	11:00 AM	12:00 PM	\$39	51512
Simple Strength	Marie D.	W	6/24	8/19	9:00 AM	10:00 AM	\$39	51476
Chair Exercise	Marie D.	W	6/24	8/19	10:15 AM	11:00 AM	\$29	51359
Stretch & Strength	Ellen U.	W	6/24	8/19	10:30 AM	11:30 AM	\$35	51485
Functional Fitness	Lizzy O.	W	6/24	8/19	5:30 PM	6:30 PM	\$39	51433
Stretch & Strength	Marie D.	Th	6/25	8/20	8:15 AM	9:15 AM	\$39	51484
Hatha Yoga II	Kurt R.	Th	6/25	8/20	8:45 AM	10:00 AM	\$43	51815
Chair Exercise	Marie D.	Th	6/25	8/20	9:30 AM	10:30 AM	\$39	51360
Tai Chi for Arthritis & Fall Prev. - Pt 2	Ann F.	Th	6/25	8/20	9:30 AM	10:30 AM	\$39	52830
Hatha Yoga I	Kurt R.	Th	6/25	8/20	10:15 AM	11:15 AM	\$35	51754
Gentle Exercise	TBD	Th	6/25	8/20	11:00 AM	12:00 PM	\$39	51456
Tai Chi Yang - Continuing	Ann F.	Th	6/25	8/20	11:00 AM	12:00 PM	\$39	51529
Cardio Dance & Toning	Marie D.	Th	6/25	8/20	11:35 AM	12:35 PM	\$39	51356
Gentle Yoga	Nansi C.	Th	6/25	8/20	1:00 PM	2:00 PM	\$39	51712
TRX Suspension Training	Francisco C.	Th	6/25	8/20	1:45 PM	2:35 PM	\$39	51646
Pilates	Paul N.	Th	6/25	8/20	2:30 PM	3:30 PM	\$39	51465
Gentle Yoga	Kurt R.	F	6/26	8/21	9:00 AM	10:00 AM	\$30	51714
Functional Fitness	Karin V.	F	6/26	8/21	9:30 AM	10:30 AM	\$35	51431
Sm. Grp: Row + Strength Fund.	Francisco C.	F	6/26	8/21	9:30 AM	10:20 AM	\$44	52832
Gentle Exercise	Marie D.	F	6/26	8/21	10:20 AM	11:20 AM	\$35	51454
Row Fit	Francisco C.	F	6/26	8/21	10:30 AM	11:20 AM	\$35	52831
Functional Fitness	Karin V.	F	6/26	8/21	10:45 AM	11:45 AM	\$35	51432
Chair One Dance Fitness	Jacqueline H.	F	6/26	8/21	12:00 PM	1:00 PM	\$35	51365

MSCR CENTRAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Tai Chi Yang - Continuing	Ellen H.	M	6/22	8/17	9:30 AM	10:30 AM	\$39	51515
QiGong - Intro	Ellen H.	M	6/22	8/17	10:45 AM	11:30 AM	\$29	51473
Cardio Dance & Toning	Karin V.	M	6/22	8/17	12:30 PM	1:30 PM	\$39	51347
Tai Chi Yang 24 - Refinement	Bob C.	Tu	6/23	8/18	12:45 PM	1:45 PM	\$39	52821
Tai Chi - Advanced	Bob C.	Tu	6/23	8/18	2:00 PM	3:30 PM	\$58	52820
Balance, Strength & Core Stability	Janelle W.	W	6/24	8/19	7:30 AM	8:15 AM	\$29	51327
Functional Fitness	Janelle W.	W	6/24	8/19	8:30 AM	9:20 AM	\$39	51414
Functional Fitness	Janelle W.	W	6/24	8/19	9:30 AM	10:20 AM	\$39	51427
Functional Fitness	Janelle W.	W	6/24	8/19	10:30 AM	11:20 AM	\$39	51428
Functional Fitness	Janelle W.	W	6/24	8/19	11:30 AM	12:20 PM	\$39	51434
Circuit Fitness	Janelle W.	W	6/24	8/19	12:30 PM	1:20 PM	\$39	52798

WARNER PARK COMMUNITY REC CENTER

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Functional Fitness	Mary B.	M	6/22	8/17	9:00 AM	10:00 AM	\$39	51394
Stretch & Strength	Lynelle H.	M	6/22	8/10	11:00 AM	11:45 AM	\$26	52834
Chair Exercise	Marie D.	Tu	6/23	8/18	10:15 AM	11:15 AM	\$39	51361
Balance, Strength & Core Stability	Marie D.	Tu	6/23	8/18	11:30 AM	12:30 PM	\$39	51370
Stretch & Strength	Lynelle H.	W	6/24	8/19	9:00 AM	9:45 AM	\$26	51486
Functional Fitness	Mary B.	W	6/24	8/12	9:00 AM	10:00 AM	\$39	51395
Pure Strength	Lynelle H.	W	6/24	8/12	10:15 AM	11:00 AM	\$26	51470
Mindfulness Mvmt & Joint Health	Mimi M.	W	6/24	8/19	10:30 AM	11:45 AM	\$39	52833
Tai Chi Yang 24 - Refinement	Bob C.	W	6/24	8/19	1:00 PM	2:00 PM	\$39	52835
Pure Strength	Lynelle H.	Th	6/25	8/13	10:30 AM	11:15 AM	\$26	51469
Mindfulness Mvmt & Gut Health	Mimi M.	F	6/26	8/21	10:30 AM	11:45 AM	\$35	51458
Chair Exercise	Marie D.	F	6/26	8/21	12:30 PM	1:30 PM	\$35	51362

WALKING TOURS

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Wisconsin Veterans Museum	GR 50+ Staff	W	6/17	6/17	10:30 AM	11:30 AM	\$0	52853
Marquette Bungalows	GR 50+ Staff	F	5/15	5/15	11:00 AM	12:00 PM	\$20	52947

VIRTUAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Pure Strength	Janelle W.	M	6/22	8/17	8:30 AM	9:15 AM	\$29	51472
Chair Exercise	Jamie A.	M	6/22	8/17	9:15 AM	10:15 AM	\$35	51364
Yoga for Pickleball Injury Prevention	Lisa H.	M	6/22	8/17	10:00 AM	10:45 AM	\$29	51339
Yoga Suave en Español	Clare N.	M	6/22	8/17	10:15 AM	11:15 AM	\$0	51854
Functional Fitness	Ron D.	M	6/22	8/17	10:30 AM	11:30 AM	\$39	51450
Strength Training for Women	Lisa H.	Tu	6/23	8/18	8:00 AM	8:45 AM	\$29	51483
Simple Strength	Becky O.	Tu	6/23	8/18	9:00 AM	10:00 AM	\$39	51477
Yoga Flow	Lisa H.	Tu	6/23	8/18	9:00 AM	9:45 AM	\$29	51852
Gentle Yoga	Clare N.	Tu	6/23	8/18	10:30 AM	11:30 AM	\$39	51750
Meditation	Nansi C.	Tu	6/23	8/18	1:00 PM	2:00 PM	\$35	51457
Core without the Floor	Ron D.	W	6/24	8/19	9:00 AM	9:30 AM	\$19	51371
Walk & Tone	Lisa H.	W	6/24	8/19	10:00 AM	10:45 AM	\$29	51672
Pickleball-Inspired Strength & Agility	Ron D.	W	6/24	8/19	3:00 PM	4:00 PM	\$39	51471
Simple Strength	Becky O.	Th	6/25	8/20	9:00 AM	10:00 AM	\$39	51478
Functional Fitness	Ron D.	Th	6/25	8/20	9:30 AM	10:30 AM	\$39	51451
Yoga Flow	Clare N.	Th	6/25	8/20	10:30 AM	11:30 AM	\$39	51839
Balancing Act	Kevin W.	Th	6/25	8/20	1:00 PM	1:45 PM	\$29	51333
Core without the Floor	Ron D.	F	6/26	8/21	9:00 AM	9:45 AM	\$26	51393

OUTDOOR

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Tai Chi Yang 24 - Refinement	John A.	M	7/13	8/17	9:30 AM	10:30 AM	\$26	51612
Strength & Balance in the Park	Julie M.	Tu/Th	8/4	8/20	1:30 PM	2:30 PM	\$26	51331
Stretch & Strength	Marie D.	Tu	6/23	8/18	8:30 AM	9:30 AM	\$39	51487
WalkAbouts	Jan H.	Tu	6/23	8/18	9:15 AM	10:15 AM	\$39	51687
Parkour for Seniors	Susan/Sheby	Tu	6/23	8/18	9:30 AM	11:00 AM	\$68	51463
Nordic Pole Walking - Workshop	Paula I.	W	6/24	6/24	9:30 AM	10:30 AM	\$5	51460
Tai Chi Yang 24 - Refinement	John A.	W	7/15	8/19	9:30 AM	10:30 AM	\$26	51496
Parkour for Seniors	Darcie O.	Th	7/16	8/20	5:30 PM	6:30 PM	\$26	52852
Tai Chi Yang Style Long Form	John A.	F	7/17	8/21	9:30 AM	11:00 AM	\$39	51613
QiGong for Renewal & Relaxation	Bob C.	F	6/26	8/21	10:30 AM	11:30 AM	\$35	51474
Tai Chi Yang 24 - Refinement	Bob C.	F	6/26	8/21	1:00 PM	2:00 PM	\$35	51495