



Fall 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	9/14/2026	12/14/2026	6:00 PM	7:15 PM	\$70	53483
	Yoga Flow	Anne D.	M	9/14/2026	11/9/2026	6:30 PM	7:30 PM	\$45	53524
	Strength Training for Women	Grace H.	T	9/8/2026	10/20/2026	4:30 PM	5:15 PM	\$35	53501
	Yoga Amped	Grace H.	T	9/8/2026	10/20/2026	5:30 PM	6:15 PM	\$35	53521
	WERQ	Fawn C.	T	9/8/2026	12/15/2026	6:30 PM	7:15 PM	\$75	53511
	Strength Training for Women	Grace H.	T	10/27/2026	12/15/2026	4:30 PM	5:15 PM	\$40	54046
	Yoga Amped	Grace H.	T	10/27/2026	12/15/2026	5:30 PM	6:15 PM	\$40	54055
	Small Group Training	Anne D.	W	9/9/2026	10/28/2026	6:30 PM	7:30 PM	\$48	53499
	Yoga Amped	Grace H.	Th	9/10/2026	12/17/2026	7:00 AM	7:45 AM	\$65	54056
	Core Flow	Grace H.	Th	9/10/2026	12/17/2026	7:50 AM	8:35 AM	\$65	53458
	Cardio Dance	Jacqueline H.	Th	9/10/2026	12/17/2026	6:00 PM	6:45 PM	\$65	54077

MSCR EAST

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
EAST	Row Fit	Aarika M.	M	9/14/2026	12/14/2026	4:00 PM	4:45 PM	\$84	53497
	Row Fit	Aarika M.	M	9/14/2026	12/14/2026	5:00 PM	5:45 PM	\$84	54034
	Small Group Training	Lynelle H.	M	9/14/2026	10/12/2026	5:00 PM	5:45 PM	\$35	54106
	WERQ	Keena A.	M	9/14/2026	10/19/2026	6:00 PM	6:45 PM	\$30	54092
	WERQ	Keena A.	M	10/26/2026	12/14/2026	6:00 PM	6:45 PM	\$40	54093
	Small Group Training	Karen C.	T	9/8/2026	10/20/2026	4:00 PM	4:45 PM	\$49	54184
	Small Group Training	Karen C.	T	10/27/2026	12/15/2026	4:00 PM	4:45 PM	\$56	54185
	Bootcamp	Aubrie M.	T	9/8/2026	10/20/2026	4:30 PM	5:15 PM	\$42	54037
	Bootcamp	Aubrie M.	T	10/27/2026	12/15/2026	4:30 PM	5:15 PM	\$48	54038
	Entrenamiento de Resistencia	Karen C.	T	9/8/2026	10/20/2026	5:00 PM	5:45 PM	\$35	54186
	Entrenamiento de Resistencia	Karen C.	T	10/27/2026	12/15/2026	5:00 PM	5:45 PM	\$40	54187
	Cardio Dance & Toning	Karin V.	T	9/8/2026	12/15/2026	5:30 PM	6:15 PM	\$75	53454
	Intro to Tai Chi	Ellen H.	T	10/27/2026	12/15/2026	6:00 PM	7:00 PM	\$40	54041
	Mat Pilates	Ellen U.	W	9/9/2026	12/16/2026	5:15 PM	6:00 PM	\$70	53480
	WERQ Like a Boss	Fawn C.	W	9/9/2026	12/16/2026	6:30 PM	7:30 PM	\$70	53517
	LGBTQIA+ Yoga	Mick M.	W	10/28/2026	12/16/2026	5:30 PM	6:30 PM	\$35	53478
	TRX Yoga Flow	Galia P.	Th	9/10/2026	10/22/2026	4:00 PM	4:45 PM	\$36	53510
	Pure Strength	TBD	Th	9/10/2026	12/17/2026	5:00 PM	5:45 PM	\$65	54087
	Yoga Flow	Mick M.	Th	9/10/2026	12/17/2026	5:30 PM	6:30 PM	\$65	54067
	Cardio Dance	Lizzy O.	Th	9/10/2026	12/17/2026	6:30 PM	7:15 PM	\$65	53453
	Yin Yoga	Mick M.	Th	9/10/2026	12/17/2026	6:45 PM	7:45 PM	\$65	53518
	TRX Yoga Flow	Galia P.	Th	10/29/2026	12/17/2026	4:00 PM	4:45 PM	\$42	54045
	Arms & Abs	Jamie A.	F	9/11/2026	12/18/2026	8:15 AM	9:00 AM	\$70	53438
	Total Body Fitness	Jamie A.	F	10/30/2026	12/18/2026	9:15 AM	10:00 AM	\$35	53504
	TRX Yoga Flow	Galia P.	Sa	9/12/2026	10/24/2026	9:30 AM	10:15 AM	\$42	54205
	Yoga Flow	Mick M.	Sa	9/12/2026	11/21/2026	8:30 AM	9:30 AM	\$55	54068

MSCR WEST

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
WEST	Gentle Yoga	Erika F.	M	9/14/2026	12/14/2026	4:30 PM	5:30 PM	\$70	54204
	Pure Strength	Valentina A.	M	9/14/2026	10/19/2026	5:45 PM	6:30 PM	\$30	54081
	Pure Strength	Valentina A.	M	10/26/2026	12/14/2026	5:45 PM	6:30 PM	\$40	54082
	WERQ Like a Boss	Sia F.	M	9/14/2026	10/19/2026	6:00 PM	7:00 PM	\$30	54096
	WERQ Like a Boss	Sia F.	M	10/26/2026	12/14/2026	6:00 PM	7:00 PM	\$40	54097
	HIIT	Valentina A.	M	9/14/2026	10/19/2026	6:45 PM	7:30 PM	\$30	53473
	HIIT	Valentina A.	M	10/26/2026	12/14/2026	6:45 PM	7:30 PM	\$40	54108
	Barre Sculpt	Kelsey S.	T	9/8/2026	10/20/2026	4:30 PM	5:15 PM	\$35	53443
	Pure Strength	Tatiana K.	T	9/8/2026	10/20/2026	5:15 PM	6:00 PM	\$35	53490
	Pure Strength	Tatiana K.	T	10/27/2026	12/15/2026	5:15 PM	6:00 PM	\$40	54080
	Total Body Fitness	Oliver S.	T	9/8/2026	12/15/2026	5:45 PM	6:30 PM	\$75	54079
	Yoga Flow	Heidi G.	T	9/8/2026	12/15/2026	7:15 PM	8:15 PM	\$75	54066

MSCR WEST									
Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
W E S T	Row Fit	Karina S.	W	9/9/2026	10/21/2026	4:45 PM	5:30 PM	\$42	54188
	Row Fit	Karina S.	W	10/28/2026	12/16/2026	4:45 PM	5:30 PM	\$42	54189
	BollyX Dance	Jacqueline H.	W	9/9/2026	12/16/2026	6:00 PM	6:45 PM	\$65	53447
	WERQ	Sia F.	Th	9/10/2026	10/22/2026	6:45 PM	7:30 PM	\$30	54094
	Yoga Amped	Trinity R.	Th	9/10/2026	10/22/2026	4:45 PM	5:30 PM	\$30	54266
	Pure Strength	Valentina A.	Th	9/10/2026	10/22/2026	5:45 PM	6:30 PM	\$30	54085
	Pure Strength	Valentina A.	Th	9/10/2026	10/22/2026	6:45 PM	7:30 PM	\$30	54083
	Kickbox Cardio	Elizabeth P.	Th	10/29/2026	12/17/2026	4:45 PM	5:30 PM	\$35	53475
	PiYo	Elizabeth P.	Th	10/29/2026	12/17/2026	5:40 PM	6:25 PM	\$35	53484
	WERQ	Sia F.	Th	10/29/2026	12/17/2026	6:45 PM	7:30 PM	\$35	54095
	Yoga Amped	Trinity R.	Th	10/29/2026	12/17/2026	4:45 PM	5:30 PM	\$35	54267
	Pure Strength	Valentina A.	Th	10/29/2026	12/17/2026	5:45 PM	6:30 PM	\$35	54084
	Pure Strength	Valentina A.	Th	10/29/2026	12/17/2026	6:45 PM	7:30 PM	\$35	54091
	Pure Strength	Valentina A.	Sa	9/12/2026	12/12/2026	8:30 AM	9:15 AM	\$65	54086
	Cardio Dance & Toning	Karin V.	Sa	9/12/2026	12/12/2026	9:00 AM	10:00 AM	\$65	54090
	Cardio Step	Catherine K.	Sa	9/19/2026	12/12/2026	9:30 AM	10:15 AM	\$60	53457
	Gentle Yoga	Catherine K.	Sa	9/19/2026	12/12/2026	10:30 AM	11:30 AM	\$60	53466
	Core Flow	Grace H.	Sa	11/7/2026	12/12/2026	8:30 AM	9:15 AM	\$25	54064
	Prenatal & Postnatal Yoga	Grace H.	Sa	11/7/2026	12/12/2026	9:30 AM	10:30 AM	\$25	54065
VIRTUAL									
Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
V I R T U A L	Pure Strength - Virtual	Lisa H.	M	9/14/2026	12/14/2026	7:00 AM	7:45 AM	\$65	53496
	Arms & Abs - Virtual	Jamie A.	M	9/14/2026	12/14/2026	8:15 AM	9:00 AM	\$70	53439
	WERQ - Virtual	Keena A.	M	9/14/2026	12/14/2026	6:00 PM	6:45 PM	\$70	53516
	Yin Yoga - Virtual	Clare N.	M	9/14/2026	12/14/2026	7:00 PM	8:00 PM	\$70	53519
	Yoga Flow - Virtual	Lisa H.	T	9/8/2026	12/15/2026	7:00 AM	7:45 AM	\$75	54069
	Gentle Yoga - Virtual	Galia P.	T	9/8/2026	12/15/2026	5:30 PM	6:30 PM	\$75	53469
	Mat Pilates - Virtual	Ellen U.	T	9/8/2026	12/15/2026	6:00 PM	6:45 PM	\$75	53481
	Barre Sculpt - Virtual	Lisa H.	W	9/9/2026	12/16/2026	7:00 AM	7:45 AM	\$75	53445
	Total Body Fitness - Virtual	Jamie A.	W	9/9/2026	12/16/2026	11:00 AM	11:45 AM	\$75	53507
	Pure Strength - Virtual	Jamie A.	Th	9/10/2026	12/17/2026	5:00 PM	5:45 PM	\$70	53495
	Hatha Yoga II - Virtual	Kurt R.	Th	9/10/2026	12/17/2026	5:00 PM	6:15 PM	\$65	53472
	Arms & Abs - Virtual	Jamie A.	F	9/11/2026	12/18/2026	8:15 AM	9:00 AM	\$70	54078
	Yin Yoga - Virtual	Clare N.	Sa	9/26/2026	12/12/2026	10:15 AM	11:15 AM	\$55	54044
	Fit for the Holidays - Virtual	Vaires		12/19/2026	1/3/2027	Vaires	Vaires	\$30	53459
WARNER PARK									
Class		Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Strength Training for Women		Lynelle H.	M	9/14/2026	12/14/2026	12:00 PM	12:45 PM	\$70	54054
Hatha Yoga II		Kurt R.	M	9/14/2026	12/14/2026	5:30 PM	6:45 PM	\$70	53471
Hatha Yoga I		Kurt R.	M	9/14/2026	12/14/2026	7:00 PM	8:00 PM	\$70	53470
Mat Pilates		Ellen U.	T	9/8/2026	12/15/2026	8:30 AM	9:15 AM	\$75	54122
OUTDOOR									
Class	Location	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Gentle Yoga	Olbrich Park	Ellen U.	M	9/14/2026	10/19/2026	5:00 PM	6:00 PM	\$30	53468
Bicycling - Happy Trails	Varies	Annie S.	M	9/28/2026	10/26/2026	10:00 AM	12:00 PM	\$25	53446
Kickbox Cardio	Garner Park	Joanne H.	T	9/8/2026	10/20/2026	4:45 PM	5:30 PM	\$35	54089
Pure Strength	Garner Park	Joanne H.	T	9/8/2026	10/20/2026	5:40 PM	6:25 PM	\$35	53493
Pure Strength	Garner Park	Joanne H.	T	10/27/2026	11/17/2026	5:15 PM	6:00 PM	\$20	54088
LGBTQIA+ Yoga	Tenney Park	Mick M.	W	9/9/2026	10/21/2026	5:30 PM	6:30 PM	\$35	53479
Kickbox Cardio	Garner Park	Elizabeth P.	Th	9/10/2026	10/22/2026	4:45 PM	5:30 PM	\$25	53476
PiYo	Garner Park	Elizabeth P.	Th	9/10/2026	10/22/2026	5:40 PM	6:25 PM	\$25	53485
Pure Strength	Jamie A.	Acewood Park	F	9/11/2026	10/23/2026	9:30 AM	10:15 AM	\$35	53492
Couch to 5k - Outdoor	MSCR Central	Grace H.	T	9/8/2026	10/20/2026	6:30 PM	7:15 PM	\$35	54058