



Fall 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	9/14	12/14	8:30 AM	9:15 AM	\$46	53685
Tai Chi for Arthritis & Fall Prev. - Pt 1	Ellen H.	M	9/14	12/14	9:00 AM	10:00 AM	\$46	53620
Circuit Fitness	Janelle W.	M	9/14	12/14	9:30 AM	10:30 AM	\$60	53643
Gentle Yoga Flow	Ellen U.	M	9/14	12/14	9:45 AM	10:30 AM	\$46	53741
Balance, Strength & Core Stability	Janelle W.	M	9/14	12/14	10:45 AM	11:30 AM	\$46	53611
Cardio Dance	Jan H.	M	9/14	12/14	10:45 AM	11:45 AM	\$60	53627
TRX Suspension Training	Deb S.	Tu	9/8	12/15	8:45 AM	9:45 AM	\$65	53733
Gentle Exercise	Karin V.	Tu	9/8	12/15	10:00 AM	11:00 AM	\$65	53672
Arms & Abs	Karin V.	Tu	9/8	12/15	11:15 AM	12:00 PM	\$49	53610
Row Fit	Lynelle/Mindy	Tu	9/8	12/15	11:45 AM	12:35 PM	\$65	53693
Pure Strength	Karin V.	Tu	9/8	12/15	12:15 PM	1:00 PM	\$49	53683
Chair Exercise	Karin V.	Tu	9/8	12/15	1:15 PM	2:00 PM	\$49	53635
Gentle Yoga Flow	Laura M.	Tu	9/8	12/15	3:00 PM	4:00 PM	\$65	53740
Pilates	Ellen U.	W	9/9	12/16	8:15 AM	9:15 AM	\$65	53680
Tai Chi for Arthritis & Fall Prev. - Pt 2	Ellen H.	W	9/9	12/16	9:00 AM	10:00 AM	\$60	53623
Cardio Dance & Toning	Karin V.	W	9/9	12/16	9:30 AM	10:30 AM	\$65	53630
Strength Training for Women	Deb S.	W	9/9	12/16	11:00 AM	12:00 PM	\$65	53701
Stretch & Strength	Lynelle H.	W	9/9	12/16	12:00 PM	12:45 PM	\$49	53619
Tai Chi Pole	Bob C.	W	11/4	12/16	3:00 PM	4:00 PM	\$30	53712
Functional Fitness	Deb S.	Th	9/10	12/17	9:00 AM	10:00 AM	\$60	53651
Corrective Stretching Workshop	Emma R.	Th	9/10	10/8	9:00 AM	10:15 AM	\$22	53699
Corrective Stretching Workshop	Emma R.	Th	10/22	11/19	9:00 AM	10:15 AM	\$22	54190
Functional Fitness	Deb S.	Th	9/10	12/17	10:15 AM	11:15 AM	\$60	53652
Yoga Flow	Galia P.	Th	9/10	12/17	10:30 AM	11:30 AM	\$60	53746
Groove	Gaylene B.	Th	9/10	12/17	12:00 PM	1:00 PM	\$60	53625
TRX Suspension Training	Deb S.	Th	9/10	12/17	12:00 PM	1:00 PM	\$60	53732
Tai Chi Yang - Continuing	Bob C.	Th	9/10	12/17	12:15 PM	1:15 PM	\$60	53715
Tai Chi Yang 24 - Refinement	Bob C.	Th	9/10	12/17	1:30 PM	2:30 PM	\$60	53721
Tai Chi Yang - Introduction	Bob C.	Th	9/10	12/17	2:45 PM	3:45 PM	\$60	53717
Ballroom Basics for Balance	Debra K.	F	9/11	12/18	9:00 AM	10:00 AM	\$60	53622
Cardio Dance	Jan H.	F	9/11	12/18	10:45 AM	11:45 AM	\$60	53628
Sm. Grp: Row + Strength Fund.	Janelle W.	F	9/11	12/18	11:15 AM	12:10 PM	\$77	53617
Strength Training for Women	Janelle W.	F	9/11	12/18	12:30 PM	1:30 PM	\$60	53702
Circuit Fitness	Janelle W.	F	9/11	12/18	1:45 PM	2:45 PM	\$60	53644

MSCR WEST

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Balance, Strength & Core Stability	Marie D.	M	9/14	12/14	9:00 AM	10:00 AM	\$60	53618
Functional Fitness	Karin V.	M	9/14	12/14	9:30 AM	10:30 AM	\$60	53658
Tai Chi Yang 24 - Refinement	John A.	M	11/2	12/14	9:30 AM	10:30 AM	\$30	53723
Gentle Exercise	Marie D.	M	9/14	12/14	10:15 AM	11:15 AM	\$60	53674
Functional Fitness	Karin V.	M	9/14	12/14	10:45 AM	11:45 AM	\$60	53659
Functional Fitness	Julie M.	M	9/14	12/14	11:00 AM	12:00 PM	\$60	53648
Cardio Dance & Toning	Marie D.	M	9/14	12/14	11:45 AM	12:45 PM	\$60	53631
Balance, Strength & Core Stability	Julie M.	M	9/14	12/14	12:15 PM	1:15 PM	\$60	53614
Pilates	Paul N.	M	9/14	12/14	12:30 PM	1:30 PM	\$60	53681
Stretch & Strength	Marie D.	Tu	11/3	12/15	8:30 AM	9:30 AM	\$30	53707
Hatha Yoga II	Kurt R.	Tu	9/8	12/15	8:45 AM	10:00 AM	\$81	53744
Tai Chi for Arthritis & Fall Prev. - Pt 1	Ann F.	Tu	9/8	12/15	9:30 AM	10:30 AM	\$65	53710
Hatha Yoga I	Kurt R.	Tu	9/8	12/15	10:15 AM	11:15 AM	\$65	53742
Gentle Exercise	Lonna T.	Tu	9/8	12/15	11:00 AM	12:00 PM	\$65	53670
Tai Chi Yang - Introduction	Ann F.	Tu	9/8	12/15	11:00 AM	12:00 PM	\$65	53716
Cardio Step	Catherine K.	Tu	9/15	12/15	11:30 AM	12:30 PM	\$60	53634
Simple Strength	Tracy W.	Tu	9/15	12/8	1:00 PM	1:50 PM	\$52	53695
Functional Fitness	Julie M.	Tu	9/8	12/15	1:30 PM	2:30 PM	\$65	53660
Functional Fitness	Tracy W.	Tu	9/15	12/8	2:00 PM	2:50 PM	\$52	53663
Functional Fitness	Tracy W.	Tu	9/15	12/8	3:00 PM	3:50 PM	\$52	53665
Balance, Strength & Core Stability	Tatiana K.	Tu	9/8	12/15	4:10 PM	5:00 PM	\$65	54221
Simple Strength	Marie D.	W	9/9	12/16	9:00 AM	10:00 AM	\$65	53694
Tai Chi Yang 24 - Refinement	John A.	W	11/4	12/16	9:30 AM	10:30 AM	\$30	53722
Chair Exercise	Marie D.	W	9/9	12/16	10:15 AM	11:00 AM	\$49	53638
Stretch & Strength	Ellen U.	W	9/9	12/16	10:30 AM	11:30 AM	\$65	53705
Balance, Strength & Core Stability	Julie M.	W	9/9	12/16	11:15 AM	12:15 PM	\$65	53613
TRX Advanced	Julie M.	W	9/9	12/16	12:30 PM	1:20 PM	\$65	53730
Chair Cardio Dance & Toning	Jacqueline H.	W	9/9	12/16	4:45 PM	5:45 PM	\$56	54124
Functional Fitness	Lizzy O.	W	9/9	12/16	5:30 PM	6:30 PM	\$60	53657
Stretch & Strength	Marie D.	Th	9/10	12/17	8:15 AM	9:15 AM	\$60	53706
Hatha Yoga II	Kurt R.	Th	9/10	12/17	8:45 AM	10:00 AM	\$76	53745
Chair Exercise	Marie D.	Th	9/10	12/17	9:30 AM	10:30 AM	\$60	53639
Tai Chi for Arthritis & Fall Prev. - Pt 2	Ann F.	Th	9/10	12/17	9:30 AM	10:30 AM	\$60	53711
Hatha Yoga I	Kurt R.	Th	9/10	12/17	10:15 AM	11:15 AM	\$60	53743
Gentle Exercise	Lonna T.	Th	9/10	12/17	11:00 AM	12:00 PM	\$60	53671
Tai Chi Yang - Continuing	Ann F.	Th	9/10	12/17	11:00 AM	12:00 PM	\$60	53714

MSCR WEST Cont.

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Cardio Dance & Toning	Marie D.	Th	9/10	12/17	11:35 AM	12:35 PM	\$60	53632
Gentle Yoga	Nansi C.	Th	9/10	12/17	1:00 PM	2:00 PM	\$60	53737
Simple Strength	Tracy W.	Th	9/17	12/10	1:00 PM	1:50 PM	\$52	53696
TRX Suspension Training	Francisco C.	Th	9/10	12/17	1:45 PM	2:35 PM	\$60	53731
Functional Fitness	Tracy W.	Th	9/17	12/10	2:00 PM	2:50 PM	\$52	53664
Pilates	Paul N.	Th	9/10	12/17	2:30 PM	3:30 PM	\$60	53682
Entrenamiento en Circuito (en español)	Francisco C.	Th	9/10	12/17	2:45 PM	3:30 PM	\$46	54191
Functional Fitness	Tracy W.	Th	9/17	12/10	3:00 PM	3:50 PM	\$52	53666
Gentle Yoga	Kurt R.	F	9/11	12/18	9:00 AM	10:00 AM	\$60	53738
Functional Fitness	Karin V.	F	9/11	12/18	9:30 AM	10:30 AM	\$60	53661
Sm. Grp: Row + Strength Fund.	Francisco C.	F	9/11	12/18	9:30 AM	10:20 AM	\$77	54193
Tai Chi Yang Style Long Form	John A	F	11/6	12/18	9:30 AM	11:00 AM	\$39	53728
Gentle Exercise	Marie D.	F	9/11	12/18	10:20 AM	11:20 AM	\$60	53673
Row Fit	Francisco C.	F	9/11	12/18	10:30 AM	11:20 AM	\$60	54192
Functional Fitness	Karin V.	F	9/11	12/18	10:45 AM	11:45 AM	\$60	53662
Chair One Dance Fitness	Jacqueline H.	F	9/11	12/18	12:00 PM	1:00 PM	\$60	53641

MSCR CENTRAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Tai Chi Yang - Introduction	Ellen H.	M	9/14	12/14	11:00 AM	12:00 PM	\$60	53689
Cardio Dance & Toning	Karin V.	M	9/14	12/14	12:30 PM	1:30 PM	\$60	53629
Tai Chi Yang 24 - Refinement	Bob C.	Tu	9/8	12/15	1:15 PM	2:15 PM	\$65	53719
Tai Chi - Advanced	Bob C.	Tu	9/8	12/15	2:30 PM	4:00 PM	\$97	53709
Balance, Strength & Core Stability	Janelle W.	W	9/9	12/16	7:30 AM	8:15 AM	\$49	53616
Functional Fitness	Janelle W.	W	9/9	12/16	8:30 AM	9:20 AM	\$65	53653
Functional Fitness	Janelle W.	W	9/9	12/16	9:30 AM	10:20 AM	\$65	53654
Functional Fitness	Janelle W.	W	9/9	12/16	10:30 AM	11:20 AM	\$65	53655
Tai Chi Yang - Continuing	Ellen H.	W	9/9	12/16	11:00 AM	12:00 PM	\$60	53690
Functional Fitness	Janelle W.	W	9/9	12/16	11:30 AM	12:20 PM	\$65	53656
Circuit Fitness	Janelle W.	W	9/9	12/16	12:30 PM	1:20 PM	\$65	54070
Balance, Strength & Core Stability	Catherine K.	Th	9/17	12/17	10:00 AM	11:00 AM	\$56	53612
Cardio Step	Catherine K.	Th	9/17	12/17	11:15 AM	12:15 PM	\$56	53633
Chair Yoga	Catherine K.	F	9/18	12/18	10:00 AM	10:45 AM	\$42	53736
QiGong for Renewal & Relaxation	Bob C.	F	11/6	12/18	10:30 AM	11:30 AM	\$26	54071
Strength Training for Women	Catherine K.	F	9/18	12/18	11:00 AM	12:00 PM	\$56	53700
Cardio Dance	Catherine K.	F	9/18	12/18	12:15 PM	1:15 PM	\$56	53626
Tai Chi Yang 24 - Refinement	Bob C.	F	11/6	12/18	1:00 PM	2:00 PM	\$26	53720
Brain Health & Mind-Body Integration	Abby S.	Sa	9/19	11/21	9:30 AM	10:30 AM	\$39	53667

WARNER PARK COMMUNITY REC CENTER

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Functional Fitness	Mary B.	M	9/14	12/14	9:00 AM	10:00 AM	\$60	53649
Stretch & Strength	Lynelle H.	M	9/14	12/14	11:00 AM	11:45 AM	\$46	54104
Chair Exercise	Marie D.	Tu	9/8	12/15	10:15 AM	11:15 AM	\$65	53636
Balance, Strength & Core Stability	Marie D.	Tu	9/8	12/15	11:30 AM	12:30 PM	\$65	53615
Functional Fitness	Mary B.	W	9/9	12/16	9:00 AM	10:00 AM	\$65	53650
Stretch & Strength	Lynelle H.	W	9/9	12/16	9:00 AM	9:45 AM	\$49	53704
Pure Strength	Lynelle H.	W	9/9	12/16	10:15 AM	11:00 AM	\$49	53684
Mindfulness Mvmt & Joint Health	Mimi M.	W	9/9	12/16	10:30 AM	11:45 AM	\$65	53677
Tai Chi Yang 24 - Refinement	Bob C.	W	9/9	12/16	1:00 PM	2:00 PM	\$65	53718
Pure Strength	Lynelle H.	Th	9/10	12/17	10:30 AM	11:15 AM	\$46	53686
Mindfulness Mvmt & Gut Health	Mimi M.	F	9/11	12/18	10:30 AM	11:45 AM	\$60	53676
Chair Exercise	Marie D.	F	9/11	12/18	12:30 PM	1:30 PM	\$60	53637

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	9/14	10/19	9:30 AM	10:30 AM	\$45	53647
Parkour for Seniors	Susan/Shelby	Tu	11/3	12/15	9:30 AM	11:00 AM	\$53	53678
Parkour for Seniors	Shelby/Barb	Th	11/5	12/17	9:30 AM	11:00 AM	\$45	54119

VIRTUAL

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Pure Strength	Janelle W.	M	9/14	12/14	8:30 AM	9:15 AM	\$46	53688
Chair Exercise	Jamie A.	M	9/14	12/14	9:15 AM	10:15 AM	\$60	53640
Pilates	Lisa H.	M	9/14	12/14	10:00 AM	10:45 AM	\$42	53749
Yoga Suave en Español	Clare N.	M	9/14	12/14	10:15 AM	11:15 AM	\$0	53750
Functional Fitness	Ron D.	M	9/14	12/14	10:30 AM	11:30 AM	\$60	53668
Strength Training for Women	Lisa H.	Tu	9/8	12/15	8:00 AM	8:45 AM	\$49	53703
Simple Strength	Becky O.	Tu	9/8	12/15	9:00 AM	10:00 AM	\$60	53697
Yoga Flow	Lisa H.	Tu	9/8	12/15	9:00 AM	9:45 AM	\$49	53748
Chair One Dance Fitness	Lisa H.	Tu	9/8	12/15	10:00 AM	10:45 AM	\$49	53642
Gentle Yoga	Clare N.	Tu	9/8	12/15	10:30 AM	11:30 AM	\$65	53739
Meditation	Nansi C.	Tu	10/13	12/15	1:00 PM	2:00 PM	\$39	53675
Core without the Floor	Ron D.	W	9/9	12/16	9:00 AM	9:30 AM	\$32	53645
Walk & Tone	Lisa H.	W	9/9	12/16	10:00 AM	10:45 AM	\$49	53734
Pickleball-Inspired Strength & Agility	Ron D.	W	9/9	12/16	3:00 PM	4:00 PM	\$65	53687
Simple Strength	Becky O.	Th	9/10	12/17	9:00 AM	10:00 AM	\$60	53698
Functional Fitness	Ron D.	Th	9/10	12/17	9:30 AM	10:30 AM	\$60	53669
Yoga Flow	Clare N.	Th	9/10	12/17	10:30 AM	11:30 AM	\$60	53747
Core without the Floor	Ron D.	F	9/11	12/18	9:00 AM	9:45 AM	\$46	53646

OUTDOOR

Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
Tai Chi Yang 24 - Refinement @ Garner Park	John A.	M	9/14	10/26	9:30 AM	10:30 AM	\$30	53726
Stretch & Strength @ Rennebohm Park	Marie D.	Tu	9/8	10/27	8:30 AM	9:30 AM	\$35	53708
WalkAbouts Location Varies	Julie M.	Tu	9/8	10/27	9:15 AM	10:15 AM	\$35	53735
Parkour for Seniors @ Warner Park	Susan/Shelby	Tu	9/8	10/27	9:30 AM	11:00 AM	\$60	53679
Tai Chi Yang 24 - Refinement @ Garner Park	John A.	W	9/9	10/28	9:30 AM	10:30 AM	\$35	53727
Nordic Pole Walking @ Lake Farm County Park	Paula I.	W	9/16	9/23	9:30 AM	10:30 AM	\$9	54072
Tai Chi Pole @ MSCR Central	Bob C.	W	9/9	10/28	3:00 PM	4:00 PM	\$35	53713
Parkour for Seniors @ Warner Park	Shelby/Barb	Th	9/10	10/29	9:30 AM	11:00 AM	\$60	54074
Tai Chi Yang Style Long Form @ Garner Park	John A.	F	9/11	10/30	9:30 AM	11:00 AM	\$52	53729
QiGong for Renewal & Relaxation @ Garner Park	Bob C.	F	9/11	10/30	10:30 AM	11:30 AM	\$35	53692
Tai Chi Yang 24 - Refinement @ Hoyt Park	Bob C.	F	9/11	10/30	1:00 PM	2:00 PM	\$35	53725