DECEMBER 19 - JANUARY 3

$30
MMSD RESIDENTS

ONE FEE GIVES YOU ACCESS TO ALL VIRTUAL CLASSES

FIT FOR THE HOLIDAYS

VIRTUAL FITNESS

During the holiday season, enjoy unlimited virtual fitness classes with your favorite MSCR fitness instructors.

MSCR

CLASS DESCRIPTIONS

Balance, Strength & Core
This full-body class is designed to enhance balance, posture, strength and flexibility. Exercises are used to support daily activities and help reduce the risk of falls.

Chair Exercise
Reduce pain and stiffness with gentle exercises while building strength and mobility. **There is no floor work.**

Core without the Floor
Strengthen and stretch the muscles of your 'powerhouse'- the abdominal, back and hip muscles in a balanced way without needing a mat. **There is no floor work.**

Functional Fitness
Improve daily functional performance levels with movement patterns that enhance strength, balance and flexibility.

Gentle Yoga
Ease into your yoga practice with slow, gentle movements and breath awareness that helps develop strength, flexibility and balance.

Mat Pilates
A full-body workout that uses controlled movements to strengthen your core, increase flexibility, and improve posture.

Mat Sculpt
A full-body mat workout that combines strength and core exercises to tone muscles, improve stability, and leave you feeling stronger from head to toe.

Pure Strength
Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle.

Simple Strength
Learn the basics of strength training with an emphasis on strength, balance and flexibility.

Total Body Blast
Total body, heart pumping, aerobic and strength conditioning workout. Combines full-body strength training with cardio bursts.

Yin Yoga
Focuses on combining long stretches with mindfulness meditation and optional breath work.

Yoga Flow
This dynamic yoga practice combines breath and movement while flowing through a series of yoga postures.

12 Days of Fitness
A fun and festive class that involves a number of strength &/or cardio exercises that compound on each other, using the style of the "Twelve Days of Christmas" song.

ALL CLASSES ARE OPEN TO PARTICIPANTS OF ALL FITNESS LEVELS.

SCHEDULE

All virtual classes are live via Zoom.
Links for classes will be sent to registered particpants on **December 11**.
Participants provide their own equipment.
Classes without floor work are noted in the class descriptions.

Class	Day	Time	Instructor	Dates	Equipment Needed	Link
Pure Strength	Monday	8:15-9am	Jamie	12/21	Mat, chair & weights	
Chair Exercise	Monday	9:15-10:15am	Jamie	12/21	Chair & weights	
Balance, Strength & Core	Monday	9-10am	Janelle	12/21 & 12/28	Mat, weights & loop band	
Functional Fitness	Monday	10:30-11:30am	Ron	12/21 & 12/28	Mat, weights & loop band	
Mat Pilates	Monday	10-10:45am	Ellen	12/21 & 12/28	Mat	
Yoga Flow	Monday	5-6pm	Galia	12/21 & 12/28	Mat	
Mat Sculpt	Tuesday	7:30-8:15am	Grace	12/22 & 12/29	Mat, weights & loop band	
Simple Strength	Tuesday	9-10am	Becky	12/22 & 12/29	Mat, chair & weights	
Gentle Yoga	Tuesday	10:30-11:30am	Clare	12/22 & 12/29	Mat	
Pure Strength	Tuesday	5-5:45pm	Jamie	12/22	Mat & weights	
Mat Pilates	Tuesday	6-6:45pm	Ellen	12/22 & 12/29	Mat	
Yin Yoga	Tuesday	7-8pm	Clare	12/22 & 12/29	Mat	
12 Days of Fitness	Wednesday	10:15-11am	Ron	12/23	Mat & weights	
Total Body Blast	Wednesday	9-9:45am	Ron	12/30	Mat, chair & weights	
Total Body Blast	Wednesday	9-9:45am	Jamie	12/23	Mat, chair & weights	
Pure Strength	Wednesday	3-4pm	Ron	12/23 & 12/30	Mat, weights & loop band	
Simple Strength	Thursday	9-10am	Becky	12/24 & 12/31	Mat, chair & weights	
Functional Fitness	Thursday	9:30-10:30am	Ron	12/24 & 12/31	Mat, weights & loop band	
Yoga Flow	Thursday	10:30-11:30am	Clare	12/24 & 12/31	Mat	
Pure Strength	Thursday	5-5:45pm	Jamie	12/31/2026	Mat, chair & weights	
Core Without the Floor	Friday	9-9:45am	Ron	12/25 & 1/1	Chair & weights	
Pure Strength	Saturday	9:15-10am	Ron	12/19 & 1/2	Mat, weights & loop band	
Yin Yoga	Saturday	10:15-11:15am	Clare	12/19, 12/26, 1/2	Mat	
Gentle Yoga	Sunday	5-6pm	Galia	12/20, 12/27, 1/3	Mat	