Winter & Spring 2027

GR 50+ Fitness Class Schedule & Instructor List

****Register for Winter (white) AND Spring (blue) classes! MMSD Res on 11/30 & non-MMSD Res on 12/14****

MSCR EAST

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	Pure Strength	Janelle W.	M	1/25	3/15	8:30 AM	9:15 AM	$26	55050
	Circuit Fitness	Janelle W.	M	1/25	3/15	9:30 AM	10:30 AM	$35	54962
	Gentle Yoga Flow	Ellen U.	M	1/25	3/8	9:45 AM	10:30 AM	$20	55155
	Balance, Strength & Core Stability	Janelle W.	M	1/25	3/15	10:45 AM	11:30 AM	$26	54915
	Cardio Dance	Jan H.	M	1/25	3/15	10:45 AM	11:45 AM	$35	54928
SPRING	Pure Strength	Janelle W.	M	3/29	6/7	8:30 AM	9:15 AM	$33	55051
	Circuit Fitness	Janelle W.	M	3/29	6/7	9:30 AM	10:30 AM	$43	54964
	Gentle Yoga Flow	Ellen U.	M	3/29	6/7	9:45 AM	10:30 AM	$33	55156
	Balance, Strength & Core Stability	Janelle W.	M	3/29	6/7	10:45 AM	11:30 AM	$33	54916
	Cardio Dance	Jan H.	M	3/29	6/7	10:45 AM	11:45 AM	$43	54931
WINTER	TRX Suspension Training	Deb S.	Tu	1/19	3/16	9:00 AM	10:00 AM	$39	55139
	Gentle Exercise	Karin V.	Tu	1/19	3/16	10:00 AM	11:00 AM	$39	55017
	Arms & Abs	Karin V.	Tu	1/19	3/16	11:15 AM	12:00 PM	$29	54903
	Row Fit	Lynelle/Mindy	Tu	1/19	3/16	11:45 AM	12:35 PM	$39	55064
	Pure Strength	Karin V.	Tu	1/19	3/16	12:15 PM	1:00 PM	$29	55052
	Chair Exercise	Karin V.	Tu	1/19	3/16	1:15 PM	2:00 PM	$29	54948
	Gentle Yoga Flow	Laura M.	Tu	1/26	3/16	3:00 PM	4:00 PM	$35	55157
SPRING	TRX Suspension Training	Deb S.	Tu	3/30	6/8	9:00 AM	10:00 AM	$48	55140
	Gentle Exercise	Karin V.	Tu	3/30	6/8	10:00 AM	11:00 AM	$48	55018
	Arms & Abs	Karin V.	Tu	3/30	6/8	11:15 AM	12:00 PM	$36	54904
	Row Fit	Lynelle/Mindy	Tu	3/30	6/8	11:45 AM	12:35 PM	$48	55065
	Pure Strength	Karin V.	Tu	3/30	6/8	12:15 PM	1:00 PM	$36	55053
	Chair Exercise	Karin V.	Tu	3/30	6/8	1:15 PM	2:00 PM	$36	54955
	Gentle Yoga Flow	Laura M.	Tu	3/30	6/8	3:00 PM	4:00 PM	$48	55158
WINTER	Pilates	Ellen U.	W	1/20	3/10	8:15 AM	9:15 AM	$30	55046
	Tai Chi for Arthritis & Fall Prev. - Pt 1	Ellen H.	W	1/20	3/17	8:45 AM	9:45 AM	$39	55105
	Cardio Dance & Toning	Karin V.	W	1/20	3/17	9:30 AM	10:30 AM	$39	54936
	Tai Chi for Arthritis & Fall Prev. - Pt 2	Ellen H.	W	1/20	3/17	10:00 AM	11:00 AM	$39	55076
	Strength Training for Women	Deb S.	W	1/20	3/17	11:00 AM	12:00 PM	$39	55084
	Tai Chi for Arthritis & Fall Prev. - Pt 1	Ellen H.	W	1/20	3/17	11:15 AM	12:15 PM	$39	55758
	Stretch & Strength	Lynelle H.	W	1/20	3/17	12:00 PM	12:45 PM	$29	55090
	Tai Chi Pole	Bob C.	W	1/20	4/21	3:00 PM	4:00 PM	$56	55110
SPRING	Pilates	Ellen U.	W	3/31	6/9	8:15 AM	9:15 AM	$48	55047
	Tai Chi for Arthritis & Fall Prev. - Pt 1	Ellen H.	W	3/31	6/9	8:45 AM	9:45 AM	$48	55106
	Cardio Dance & Toning	Karin V.	W	3/31	6/9	9:30 AM	10:30 AM	$48	54939
	Tai Chi for Arthritis & Fall Prev. - Pt 2	Ellen H.	W	3/31	6/9	10:00 AM	11:00 AM	$48	55077
	Strength Training for Women	Deb S.	W	3/31	6/9	11:00 AM	12:00 PM	$48	55085
	Tai Chi for Arthritis & Fall Prev. - Pt 1	Ellen H.	W	3/31	6/9	11:15 AM	12:15 PM	$48	55760
	Stretch & Strength	Lynelle H.	W	3/31	6/9	12:00 PM	12:45 PM	$36	55091

Cont. MSCR East

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	Functional Fitness	Deb S.	Th	1/21	3/18	9:00 AM	10:00 AM	$39	54996
	Functional Fitness	Deb S.	Th	1/21	3/18	10:15 AM	11:15 AM	$39	54998
	Yoga Flow	Galia P.	Th	1/21	3/18	10:30 AM	11:30 AM	$39	55167
	TRX Suspension Training	Deb S.	Th	1/21	3/18	12:00 PM	1:00 PM	$39	55141
	Groove	Gaylene B.	Th	1/21	3/18	12:00 PM	1:00 PM	$39	55026
	Tai Chi Yang 24 - Refinement	Bob C.	Th	1/21	3/18	1:30 PM	2:30 PM	$39	55122
	Tai Chi Yang - Introduction	Bob C.	Th	1/21	3/18	2:45 PM	3:45 PM	$39	55120
	Movement for Brain Health	Abby S.	Th	1/28	3/11	5:15 PM	6:00 PM	$20	55747
SPRING	Functional Fitness	Deb S.	Th	4/1	6/10	9:00 AM	10:00 AM	$48	54997
	Functional Fitness	Deb S.	Th	4/1	6/10	10:15 AM	11:15 AM	$48	54999
	Yoga Flow	Galia P.	Th	4/1	6/10	10:30 AM	11:30 AM	$48	55168
	TRX Suspension Training	Deb S.	Th	4/1	6/10	12:00 PM	1:00 PM	$48	55138
	Groove	Gaylene B.	Th	4/1	6/10	12:00 PM	1:00 PM	$48	55027
	Tai Chi Yang - Continuing	Bob C.	Th	4/1	6/10	12:15 PM	1:15 PM	$48	55114
	Tai Chi Yang 24 - Refinement	Bob C.	Th	4/1	6/10	1:30 PM	2:30 PM	$48	55123
	Tai Chi Yang - Introduction	Bob C.	Th	4/1	6/10	2:45 PM	3:45 PM	$48	55121
	Movement for Brain Health	Abby S.	Th	4/1	6/10	5:15 PM	6:00 PM	$29	55748
WINTER	Ballroom Basics for Balance	Debra K	F	1/22	3/19	9:00 AM	10:00 AM	$39	54923
	Cardio Dance	Jan H.	F	1/22	3/19	10:45 AM	11:45 AM	$39	54930
	Sm. Grp: Row + Strength Fund.	Janelle W.	F	1/22	3/19	11:15 AM	12:10 PM	$50	54919
	Strength Training for Women	Janelle W.	F	1/22	3/19	12:30 PM	1:30 PM	$39	55086
	Circuit Fitness	Janelle W.	F	1/22	3/19	1:45 PM	2:45 PM	$39	54963
SPRING	Ballroom Basics for Balance	Debra K	F	4/2	6/11	9:00 AM	10:00 AM	$48	54924
	Cardio Dance	Jan H.	F	4/2	6/11	10:45 AM	11:45 AM	$48	54932
	Sm. Grp: Row + Strength Fund.	Janelle W.	F	4/2	6/11	11:15 AM	12:10 PM	$61	54920
	Strength Training for Women	Janelle W.	F	4/2	6/11	12:30 PM	1:30 PM	$48	55087
	Circuit Fitness	Janelle W.	F	4/2	6/11	1:45 PM	2:45 PM	$48	54965

MSCR WEST

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	Balance, Strength & Core Stability	Marie D.	M	1/25	3/15	9:00 AM	10:00 AM	$35	54917
	T'ai Chi Yang 24 - Refinement	John A.	M	1/25	4/19	9:30 AM	10:30 AM	$52	55129
	Functional Fitness	Karin V.	M	1/25	3/15	9:30 AM	10:30 AM	$35	54978
	Gentle Exercise	Marie D.	M	1/25	3/15	10:15 AM	11:15 AM	$35	55025
	Functional Fitness	Karin V.	M	1/25	3/15	10:45 AM	11:45 AM	$35	54980
	Functional Fitness	Julie M.	M	1/25	3/15	11:00 AM	12:00 PM	$35	55010
	Cardio Dance & Toning	Marie D.	M	1/25	3/15	11:45 AM	12:45 PM	$35	54940
	Balance, Strength & Core Stability	Julie M.	M	1/25	3/15	12:15 PM	1:15 PM	$35	54910
	Pilates	Paul N.	M	1/25	3/15	12:30 PM	1:30 PM	$35	55045
SPRING	Balance, Strength & Core Stability	Marie D.	M	3/29	6/7	9:00 AM	10:00 AM	$43	54918
	Functional Fitness	Karin V.	M	3/29	6/7	9:30 AM	10:30 AM	$43	54979
	Gentle Exercise	Marie D.	M	3/29	6/7	10:15 AM	11:15 AM	$43	55016
	Functional Fitness	Karin V.	M	3/29	6/7	10:45 AM	11:45 AM	$43	54981
	Functional Fitness	Julie M.	M	4/5	5/24	11:00 AM	12:00 PM	$35	55011
	Cardio Dance & Toning	Marie D.	M	3/29	6/7	11:45 AM	12:45 PM	$43	54934
	Balance, Strength & Core Stability	Julie M.	M	4/5	5/24	12:15 PM	1:15 PM	$35	54909
	Pilates	Paul N.	M	3/29	6/7	12:30 PM	1:30 PM	$43	55044

Cont. MSCR WEST

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	Stretch & Strength	Marie D.	Tu	1/19	4/20	8:30 AM	9:30 AM	$56	55096
	Hatha Yoga II	Kurt R.	Tu	1/19	3/16	8:45 AM	10:00 AM	$49	55163
	Tai Chi for Arthritis & Fall Prev. - Pt 1	Ann F.	Tu	1/19	3/16	9:30 AM	10:30 AM	$39	55104
	Hatha Yoga I	Kurt R.	Tu	1/19	3/16	10:15 AM	11:15 AM	$39	55162
	T'ai Chi Yang - Introduction	Ann F.	Tu	1/19	3/16	11:00 AM	12:00 PM	$39	55117
	Gentle Exercise	Lonna T.	Tu	1/19	3/16	11:00 AM	12:00 PM	$39	55019
	Cardio Step	Catherine K.	Tu	1/19	3/16	11:30 AM	12:30 PM	$39	54945
	Simple Strength	Tracy W.	Tu	1/19	3/16	1:00 PM	1:50 PM	$39	55066
	Functional Fitness	Julie M.	Tu	1/19	3/16	1:30 PM	2:30 PM	$39	54982
	Functional Fitness	Tracy W.	Tu	1/19	3/16	2:00 PM	2:50 PM	$39	54984
	Functional Fitness	Tracy W.	Tu	1/19	3/16	3:00 PM	3:50 PM	$39	54986
	Balance, Strength & Core Stability	Tatiana K.	Tu	1/19	3/16	4:10 PM	5:00 PM	$39	55582
SPRING	Hatha Yoga II	Kurt R.	Tu	3/30	6/8	8:45 AM	10:00 AM	$54	55164
	Tai Chi for Arthritis & Fall Prev. - Pt 1	Ann F.	Tu	3/30	6/8	9:30 AM	10:30 AM	$48	55107
	Hatha Yoga I	Kurt R.	Tu	3/30	6/8	10:15 AM	11:15 AM	$43	55159
	T'ai Chi Yang - Introduction	Ann F.	Tu	3/30	6/8	11:00 AM	12:00 PM	$48	55116
	Gentle Exercise	Lonna T.	Tu	3/30	5/25	11:00 AM	12:00 PM	$39	55020
	Cardio Step	Catherine K.	Tu	3/30	6/8	11:30 AM	12:30 PM	$48	54944
	Simple Strength	Tracy W.	Tu	3/30	5/25	1:00 PM	1:50 PM	$39	55067
	Functional Fitness	Julie M.	Tu	4/6	6/1	1:30 PM	2:30 PM	$39	54983
	Functional Fitness	Tracy W.	Tu	3/30	5/25	2:00 PM	2:50 PM	$39	54985
	Functional Fitness	Tracy W.	Tu	3/30	5/25	3:00 PM	3:50 PM	$39	54987
	Balance, Strength & Core Stability	Tatiana K.	Tu	3/30	5/4	4:10 PM	5:00 PM	$26	55583
WINTER	Simple Strength	Marie D.	W	1/20	3/17	9:00 AM	10:00 AM	$39	55068
	T'ai Chi Yang 24 - Refinement	John A	W	1/20	4/21	9:30 AM	10:30 AM	$56	55130
	Chair Exercise	Marie D.	W	1/20	3/17	10:15 AM	11:00 AM	$29	54949
	Stretch & Strength	Ellen U.	W	1/20	3/10	10:30 AM	11:30 AM	$30	55098
	Balance, Strength & Core Stability	Julie M.	W	1/20	3/17	11:15 AM	12:15 PM	$39	54905
	TRX Advanced	Julie M.	W	1/20	3/17	12:30 PM	1:20 PM	$39	55136
	Chair Cardio Dance & Toning	Jacqueline H.	W	1/20	3/17	4:45 PM	5:45 PM	$35	55584
	Functional Fitness	Lizzy O.	W	1/20	3/17	5:45 PM	6:45 PM	$39	55008
SPRING	Simple Strength	Marie D.	W	3/31	6/9	9:00 AM	10:00 AM	$48	55069
	Chair Exercise	Marie D.	W	3/31	6/9	10:15 AM	11:00 AM	$36	54950
	Stretch & Strength	Ellen U.	W	3/31	6/9	10:30 AM	11:30 AM	$48	55099
	Balance, Strength & Core Stability	Julie M.	W	4/7	6/2	11:15 AM	12:15 PM	$39	54906
	TRX Advanced	Julie M.	W	4/7	6/2	12:30 PM	1:20 PM	$39	55137
	Chair Cardio Dance & Toning	Jacqueline H.	W	3/31	6/9	4:45 PM	5:45 PM	$43	55585
	Functional Fitness	Lizzy O.	W	3/31	6/9	5:45 PM	6:45 PM	$48	55009
WINTER	Stretch & Strength	Marie D.	Th	1/21	3/18	8:15 AM	9:15 AM	$39	55094
	Hatha Yoga II	Kurt R.	Th	1/21	3/18	8:45 AM	10:00 AM	$49	55165
	Tai Chi for Arthritis & Fall Prev. - Pt 2	Ann F.	Th	1/21	3/18	9:30 AM	10:30 AM	$39	55108
	Chair Exercise	Marie D.	Th	1/21	3/18	9:30 AM	10:30 AM	$39	54951
	Hatha Yoga I	Kurt R.	Th	1/21	3/18	10:15 AM	11:15 AM	$39	55160

Cont. MSCR WEST

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	T'ai Chi Yang - Continuing	Ann F.	Th	1/21	3/18	11:00 AM	12:00 PM	$39	55112
	Gentle Exercise	Lonna T.	Th	1/21	3/18	11:00 AM	12:00 PM	$39	55021
	Cardio Dance & Toning	Marie D.	Th	1/21	3/18	11:35 AM	12:35 PM	$39	54941
	Gentle Yoga	Nansi C.	Th	1/21	3/18	1:00 PM	2:00 PM	$39	55149
	Simple Strength	Tracy W.	Th	1/21	3/18	1:00 PM	1:50 PM	$39	55070
	TRX Suspension Training	Francisco C.	Th	1/21	3/18	1:45 PM	2:35 PM	$39	55142
	Functional Fitness	Tracy W.	Th	1/21	3/18	2:00 PM	2:50 PM	$39	55002
	Pilates	Paul N.	Th	1/21	3/18	2:30 PM	3:30 PM	$39	55048
	Entrenamiento en Circuito	Francisco C.	Th	1/21	3/18	2:45 PM	3:30 PM	$29	55586
	Functional Fitness	Tracy W.	Th	1/21	3/18	3:00 PM	3:50 PM	$39	55000
SPRING	Stretch & Strength	Marie D.	Th	4/1	6/10	8:15 AM	9:15 AM	$48	55095
	Hatha Yoga II	Kurt R.	Th	4/1	6/10	8:45 AM	10:00 AM	$54	55166
	Tai Chi for Arthritis & Fall Prev. - Pt 2	Ann F.	Th	4/1	6/10	9:30 AM	10:30 AM	$48	55109
	Chair Exercise	Marie D.	Th	4/1	6/10	9:30 AM	10:30 AM	$48	54952
	Hatha Yoga I	Kurt R.	Th	4/1	6/10	10:15 AM	11:15 AM	$43	55161
	T'ai Chi Yang - Continuing	Ann F.	Th	4/1	6/10	11:00 AM	12:00 PM	$48	55113
	Gentle Exercise	Lonna T.	Th	4/1	5/27	11:00 AM	12:00 PM	$39	55022
	Cardio Dance & Toning	Marie D.	Th	4/1	6/10	11:35 AM	12:35 PM	$48	54937
	Gentle Yoga	Nansi C.	Th	4/1	6/3	1:00 PM	2:00 PM	$43	55150
	Simple Strength	Tracy W.	Th	4/1	5/27	1:00 PM	1:50 PM	$39	55071
	TRX Suspension Training	Francisco C.	Th	4/1	6/10	1:45 PM	2:35 PM	$48	55143
	Functional Fitness	Tracy W.	Th	4/1	5/27	2:00 PM	2:50 PM	$39	55001
	Pilates	Paul N.	Th	4/1	6/10	2:30 PM	3:30 PM	$48	55049
	Entrenamiento en Circuito	Francisco C.	Th	4/1	6/10	2:45 PM	3:30 PM	$36	55587
	Functional Fitness	Tracy W.	Th	4/1	5/27	3:00 PM	3:50 PM	$39	55003
WINTER	Gentle Yoga	Kurt R.	F	1/22	3/19	9:00 AM	10:00 AM	$39	55151
	Tai Chi Yang Style Long Form	John A	F	1/22	4/23	9:30 AM	11:00 AM	$84	55134
	Functional Fitness	Karin V.	F	1/22	3/19	9:30 AM	10:30 AM	$39	55004
	Sm. Grp: Row + Strength Fund.	TBD	F	1/22	3/12	9:30 AM	10:20 AM	$44	55041
	Gentle Exercise	Marie D.	F	1/22	3/19	10:20 AM	11:20 AM	$39	55023
	Row Fit	TBD	F	1/22	3/19	10:30 AM	11:20 AM	$39	54926
	Functional Fitness	Karin V.	F	1/22	3/19	10:45 AM	11:45 AM	$39	55006
	Chair One Dance Fitness	Jacqueline H.	F	1/22	3/19	12:00 PM	1:00 PM	$39	54958
SPRING	Gentle Yoga	Kurt R.	F	4/2	6/11	9:00 AM	10:00 AM	$43	55152
	Functional Fitness	Karin V.	F	4/2	6/11	9:30 AM	10:30 AM	$48	55005
	Sm. Grp: Row + Strength Fund.	TBD	F	4/2	6/11	9:30 AM	10:20 AM	$61	55078
	Gentle Exercise	Marie D.	F	4/2	6/11	10:20 AM	11:20 AM	$48	55024
	Row Fit	TBD	F	4/2	6/11	10:30 AM	11:20 AM	$48	55040
	Functional Fitness	Karin V.	F	4/2	6/11	10:45 AM	11:45 AM	$48	55007
	Chair One Dance Fitness	Jacqueline H.	F	4/2	6/11	12:00 PM	1:00 PM	$48	54959

MSCR CENTRAL

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	T'ai Chi Yang - Introduction	Ellen H.	M	1/25	3/15	9:30 AM	10:30 AM	$35	55118
	T'ai Chi Yang - Continuing	Ellen H.	M	1/25	3/15	10:45 AM	11:45 AM	$35	55060
	Cardio Dance & Toning	Karin V.	M	1/25	3/15	12:30 PM	1:30 PM	$35	54935
SPRING	T'ai Chi Yang - Introduction	Ellen H.	M	3/29	6/7	9:30 AM	10:30 AM	$43	55119
	T'ai Chi Yang - Continuing	Ellen H.	M	3/29	6/7	10:45 AM	11:45 AM	$43	55061
	Cardio Dance & Toning	Karin V.	M	3/29	6/7	12:30 PM	1:30 PM	$43	54938
W	Tai Chi Yang 24 - Refinement	Bob C.	Tu	1/19	3/16	1:15 PM	2:15 PM	$39	55127
	Tai Chi Advanced	Bob C.	Tu	1/19	3/16	2:30 PM	4:00 PM	$58	55102
S	Tai Chi Yang 24 - Refinement	Bob C.	Tu	3/30	6/8	1:15 PM	2:15 PM	$48	55128
	Tai Chi Advanced	Bob C.	Tu	3/30	6/8	2:30 PM	4:00 PM	$71	55103
WINTER	Balance, Strength & Core Stability	Janelle W.	W	1/20	3/17	7:30 AM	8:15 AM	$29	54907
	Functional Fitness	Janelle W.	W	1/20	3/17	8:30 AM	9:20 AM	$39	54988
	Functional Fitness	Janelle W.	W	1/20	3/17	9:30 AM	10:20 AM	$39	54990
	Functional Fitness	Janelle W.	W	1/20	3/17	10:30 AM	11:20 AM	$39	54992
	Functional Fitness	Janelle W.	W	1/20	3/17	11:30 AM	12:20 PM	$39	54994
	Circuit Fitness	Janelle W.	W	1/20	3/17	12:30 PM	1:20 PM	$39	54966
SPRING	Balance, Strength & Core Stability	Janelle W.	W	3/31	6/9	7:30 AM	8:15 AM	$36	54911
	Functional Fitness	Janelle W.	W	3/31	6/9	8:30 AM	9:20 AM	$48	54989
	Functional Fitness	Janelle W.	W	3/31	6/9	9:30 AM	10:20 AM	$48	54991
	Functional Fitness	Janelle W.	W	3/31	6/9	10:30 AM	11:20 AM	$48	54993
	Functional Fitness	Janelle W.	W	3/31	6/9	11:30 AM	12:20 PM	$48	54995
	Circuit Fitness	Janelle W.	W	3/31	6/9	12:30 PM	1:20 PM	$48	54967
W	Balance, Strength & Core Stability	Catherine K.	Th	1/21	3/18	10:00 AM	11:00 AM	$39	54908
	Cardio Step	Catherine K.	Th	1/21	3/18	11:15 AM	12:15 PM	$39	54942
S	Balance, Strength & Core Stability	Catherine K.	Th	4/1	6/10	10:00 AM	11:00 AM	$48	54912
	Cardio Step	Catherine K.	Th	4/1	6/10	11:15 AM	12:15 PM	$48	54943
WINTER	Chair Yoga	Catherine K.	F	1/22	3/19	10:00 AM	10:45 AM	$29	55147
	QiGong for Renewal & Relaxation	Bob C.	F	1/22	4/23	10:30 AM	11:30 AM	$56	55062
	Strength Training for Women	Catherine K.	F	1/22	3/19	11:00 AM	12:00 PM	$39	55082
	Cardio Dance	Catherine K.	F	1/22	3/19	12:15 PM	1:15 PM	$39	54929
	T'ai Chi Yang 24 - Refinement	Bob C.	F	1/22	4/23	1:00 PM	2:00 PM	$56	55126
SPRING	Chair Yoga	Catherine K.	F	4/2	6/11	10:00 AM	10:45 AM	$36	55148
	Strength Training for Women	Catherine K.	F	4/2	6/11	11:00 AM	12:00 PM	$48	55083
	Cardio Dance	Catherine K.	F	4/2	6/11	12:15 PM	1:15 PM	$48	54933

WARNER PARK

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
W	Functional Fitness	Mary B.	M	1/25	3/15	9:00 AM	10:00 AM	$35	54974
	Stretch & Strength	Lynelle H.	M	1/25	3/15	11:00 AM	11:45 AM	$26	55092
S	Functional Fitness	Mary B.	M	3/29	6/7	9:00 AM	10:00 AM	$43	54975
	Stretch & Strength	Lynelle H.	M	3/29	6/7	11:00 AM	11:45 AM	$33	55093

Cont. WARNER PARK

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
W	Chair Exercise	Marie D.	Tu	1/19	3/16	10:15 AM	11:15 AM	$39	54946
	Balance, Strength & Core Stability	Marie D.	Tu	1/19	3/16	11:30 AM	12:30 PM	$39	54913
S	Chair Exercise	Marie D.	Tu	3/30	6/8	10:15 AM	11:15 AM	$48	54947
	Balance, Strength & Core Stability	Marie D.	Tu	3/30	6/8	11:30 AM	12:30 PM	$48	54914
WINTER	Stretch & Strength	Lynelle H.	W	1/20	3/17	9:00 AM	9:45 AM	$29	55097
	Functional Fitness	Mary B.	W	1/20	3/17	9:00 AM	10:00 AM	$39	54976
	Pure Strength	Lynelle H.	W	1/20	3/17	10:15 AM	11:00 AM	$29	55057
	Mindfulness Movement & Joint Health	Mimi M.	W	1/20	3/17	10:30 AM	11:45 AM	$39	55032
	Tai Chi Yang 24 - Refinement	Bob C.	W	1/20	3/17	1:00 PM	2:00 PM	$39	55124
SPRING	Stretch & Strength	Lynelle H.	W	3/31	6/9	9:00 AM	9:45 AM	$36	55100
	Functional Fitness	Mary B.	W	3/31	6/9	9:00 AM	10:00 AM	$48	54977
	Pure Strength	Lynelle H.	W	3/31	6/9	10:15 AM	11:00 AM	$36	55054
	Mindfulness Movement & Joint Health	Mimi M.	W	3/31	6/9	10:30 AM	11:45 AM	$48	55033
	Tai Chi Yang 24 - Refinement	Bob C.	W	3/31	6/9	1:00 PM	2:00 PM	$48	55125
W	Pure Strength	Lynelle H.	Th	1/21	3/18	10:30 AM	11:15 AM	$29	55055
S	Pure Strength	Lynelle H.	Th	4/1	6/10	10:30 AM	11:15 AM	$36	55056
W	Mindfulness Movement & Gut Health	Mimi M.	F	1/22	3/19	10:30 AM	11:45 AM	$39	55031
	Chair Exercise	Marie D.	F	1/22	3/19	12:30 PM	1:30 PM	$39	54953
S	Mindfulness Movement & Gut Health	Mimi M.	F	4/2	6/11	10:30 AM	11:45 AM	$48	55030
	Chair Exercise	Marie D.	F	4/2	6/11	12:30 PM	1:30 PM	$48	54954

Madison Circus Space

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
W	Fallkour: Parkour Meets the Art of Falling	Shelby/Barb	M	1/25	3/1	9:30 AM	10:30 AM	$45	54972
S	Fallkour: Parkour Meets the Art of Falling	Shelby/Barb	M	3/29	5/3	9:30 AM	10:30 AM	$45	54973
W	Parkour for Seniors	Susan/Shelby	Tu	1/19	3/16	9:30 AM	11:00 AM	$68	55037
W	Parkour for Seniors	Shelby/Barb	Th	1/21	3/18	9:30 AM	11:00 AM	$68	55573

VIRTUAL

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	Pure Strength	Janelle W.	M	1/25	3/15	8:30 AM	9:15 AM	$26	55058
	Chair Exercise	Jamie A.	M	1/25	3/15	9:15 AM	10:15 AM	$35	54957
	Pilates	Lisa H.	M	1/25	3/15	10:00 AM	10:45 AM	$26	55174
	Yoga Suave en Español	Clare N.	M	1/25	3/15	10:15 AM	11:15 AM	$0	55175
	Functional Fitness	Ron D.	M	1/25	3/15	10:30 AM	11:30 AM	$35	55014
SPRING	Pure Strength	Janelle W.	M	3/29	6/7	8:30 AM	9:15 AM	$33	55059
	Chair Exercise	Jamie A.	M	3/29	6/7	9:15 AM	10:15 AM	$43	54956
	Pilates	Lisa H.	M	3/29	6/7	10:00 AM	10:45 AM	$33	55173
	Yoga Suave en Español	Clare N.	M	3/29	6/7	10:15 AM	11:15 AM	$0	55176
	Functional Fitness	Ron D.	M	3/29	6/7	10:30 AM	11:30 AM	$43	55012

Cont. VIRTUAL

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
WINTER	Strength Training for Women	Lisa H.	Tu	1/19	3/16	8:00 AM	8:45 AM	$29	55089
	Simple Strength	Becky O.	Tu	1/19	3/16	9:00 AM	10:00 AM	$35	55073
	Yoga Flow	Lisa H.	Tu	1/19	3/16	9:00 AM	9:45 AM	$29	55169
	Chair One Dance Fitness	Lisa H.	Tu	1/19	3/16	10:00 AM	10:45 AM	$29	54961
	Gentle Yoga	Clare N.	Tu	1/19	3/16	10:30 AM	11:30 AM	$39	55153
	Meditation	Nansi C.	Tu	1/19	3/16	6:45 PM	7:45 PM	$30	55028
SPRING	Strength Training for Women	Lisa H.	Tu	3/30	6/8	8:00 AM	8:45 AM	$36	55088
	Simple Strength	Becky O.	Tu	3/30	6/8	9:00 AM	10:00 AM	$43	55072
	Yoga Flow	Lisa H.	Tu	3/30	6/8	9:00 AM	9:45 AM	$36	55172
	Chair One Dance Fitness	Lisa H.	Tu	3/30	6/8	10:00 AM	10:45 AM	$36	54960
	Gentle Yoga	Clare N.	Tu	3/30	6/8	10:30 AM	11:30 AM	$48	55154
	Meditation	Nansi C.	Tu	3/30	6/1	6:45 PM	7:45 PM	$43	55029
WINTER	Core without the Floor	Ron D.	W	1/20	3/17	9:00 AM	9:30 AM	$19	54969
	Walk & Tone	Lisa H.	W	1/20	3/17	10:00 AM	10:45 AM	$29	55145
	Pure Strength	Ron D.	W	1/20	3/17	3:00 PM	4:00 PM	$39	55042
SPRING	Core without the Floor	Ron D.	W	3/31	6/9	9:00 AM	9:30 AM	$24	54968
	Walk & Tone	Lisa H.	W	3/31	6/9	10:00 AM	10:45 AM	$36	55144
	Pure Strength	Ron D.	W	3/31	6/9	3:00 PM	4:00 PM	$48	55043
WINTER	Simple Strength	Becky O.	Th	1/21	3/18	9:00 AM	10:00 AM	$39	55074
	Functional Fitness	Ron D.	Th	1/21	3/18	9:30 AM	10:30 AM	$39	55015
	Yoga Flow	Clare N.	Th	1/21	3/18	10:30 AM	11:30 AM	$39	55171
SPRING	Simple Strength	Becky O.	Th	4/1	6/10	9:00 AM	10:00 AM	$48	55075
	Functional Fitness	Ron D.	Th	4/1	6/10	9:30 AM	10:30 AM	$48	55013
	Yoga Flow	Clare N.	Th	4/1	6/10	10:30 AM	11:30 AM	$48	55170
W	Core without the Floor	Ron D.	F	1/22	3/19	9:00 AM	9:45 AM	$29	54970
S	Core without the Floor	Ron D.	F	4/2	6/11	9:00 AM	9:45 AM	$36	54971

OUTDOOR

Sess.	Class	Instructor	Day	Start	End	Start Time	End Time	Res. Fee	Course #
S	Tai Chi Yang 24 - Refinement	John A.	M	4/26	6/7	9:30 AM	10:30 AM	$26	55133
W	Snowshoeing	Outdoor Team	Tu	1/26	1/26	10:00 AM	12:00 PM	$10	55080
SPRING	Parkour for Seniors	Susan/Shelby	Tu	4/27	6/8	9:30 AM	11:00 AM	$53	55038
	Stretch & Strength	Marie D.	Tu	4/27	6/8	8:30 AM	9:30 AM	$30	55101
	WalkAbouts	Julie M.	Tu	4/27	6/8	9:15 AM	10:15 AM	$30	55146
W	Snowshoeing	Outdoor Team	W	2/10	2/10	1:00 PM	3:00 PM	$10	55079
S	Tai Chi Yang 24 - Refinement	John A.	W	4/28	6/9	9:30 AM	10:30 AM	$30	55132
	Tai Chi Pole	Bob C.	W	4/28	6/9	3:00 PM	4:00 PM	$30	55111
S	Parkour for Seniors	Shelby/Barb	Th	4/29	6/10	9:30 AM	11:00 AM	$53	55039
SPRING	Tai Chi Yang Style Long Form	John A.	F	4/30	6/11	9:30 AM	11:00 AM	$45	55135
	QiGong for Renewal & Relaxation	Bob C.	F	4/30	6/11	10:30 AM	11:30 AM	$30	55063
	Tai Chi Yang 24 - Refinement	Bob C.	F	4/30	6/11	1:00 PM	2:00 PM	$30	55131