Winter & Spring 2027

Adult Fitness Class Schedule & Instructor List



MSCR CENTRAL

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
WINTER	Mindfulness Movement & Joint Health	Mimi M.	M	1/25/2027	3/15/2027	6:00 PM	7:15 PM	$40	54738
	Yoga Flow	Anne D.	M	3/1/2027	3/15/2027	6:30 PM	7:30 PM	$15	54816
	Strength Training for Women	Grace H.	T	1/19/2027	3/16/2027	4:15 PM	5:00 PM	$45	54774
	Yoga Amped	Grace H.	T	1/19/2027	3/16/2027	5:15 PM	6:00 PM	$45	54810
	WERQ	Fawn C.	T	1/19/2027	3/16/2027	6:30 PM	7:15 PM	$45	54790
	Total Body Fitness	Sophie H.	W	1/20/2027	3/17/2027	4:30 PM	5:15 PM	$45	55665
	Strength Training for Women	Sophie H.	W	1/20/2027	3/17/2027	5:30 PM	6:15 PM	$45	55647
	Small Group Training	Anne D.	W	3/3/2027	3/17/2027	6:30 PM	7:30 PM	$18	54772
	Yoga Flow	Grace H.	Th	1/21/2027	3/18/2027	7:00 AM	7:50 AM	$45	55628
	Prenatal and Postnatal Yoga	Grace H.	Th	1/21/2027	3/18/2027	8:00 AM	9:00 AM	$45	54743
	Cardio Dance	Jacqueline H.	Th	1/21/2027	3/18/2027	6:00 PM	6:45 PM	$45	55663
SPRING	Mindfulness Movement & Joint	Mimi M.	M	3/29/2027	6/7/2027	6:00 PM	7:15 PM	$50	55765
	Yoga Flow	Anne D.	M	3/29/2027	6/7/2027	6:30 PM	7:30 PM	$45	55681
	Strength Training for Women	Grace H.	T	3/30/2027	6/8/2027	4:15 PM	5:00 PM	$55	55713
	Yoga Amped	Grace H.	T	3/30/2027	6/8/2027	5:15 PM	6:00 PM	$55	55716
	WERQ	Fawn C.	T	3/30/2027	6/8/2027	6:30 PM	7:15 PM	$55	55705
	Total Body Fitness	Sophie H.	W	3/31/2027	6/9/2027	4:30 PM	5:15 PM	$55	55731
	Strength Training for Women	Sophie H.	W	3/31/2027	6/9/2027	5:30 PM	6:15 PM	$55	55715
	Small Group Training	Anne D.	W	3/31/2027	6/9/2027	6:30 PM	7:30 PM	$60	55688
	Yoga Flow	Grace H.	Th	4/1/2027	6/10/2027	7:00 AM	7:50 AM	$55	55682
	Prenatal and Postnatal Yoga	Grace H.	Th	4/1/2027	6/10/2027	8:00 AM	9:00 AM	$55	55717
	Cardio Dance	Jacqueline H.	Th	4/1/2027	6/10/2027	6:00 PM	6:45 PM	$55	55722

MSCR EAST

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
WINTER	Row Fit	Aarika M.	M	1/25/2027	3/15/2027	4:00 PM	4:45 PM	$48	54765
	Row Fit	Aarika M.	M	1/25/2027	3/15/2027	5:00 PM	5:45 PM	$48	55627
	WERQ	Keena A.	M	1/25/2027	3/15/2027	6:00 PM	6:45 PM	$40	55640
	Bootcamp	Aubrie M.	T	1/19/2027	3/16/2027	4:30 PM	5:15 PM	$48	54684
	Cardio Dance & Toning	Karin V.	T	1/19/2027	3/16/2027	5:30 PM	6:15 PM	$45	54692
	Intro to Tai Chi	Ellen H.	T	1/19/2027	3/16/2027	6:00 PM	7:00 PM	$40	55636
	Mat Pilates	Ellen U.	W	1/20/2027	3/10/2027	5:15 PM	6:00 PM	$30	55639
	LGBTQIA+ Yoga	Mick M.	W	1/20/2027	3/17/2027	5:30 PM	6:30 PM	$45	54729
	WERQ Like a Boss	Fawn C.	W	1/20/2027	3/17/2027	6:30 PM	7:30 PM	$45	54798
	Intro to Tai Chi	Ellen H.	W	1/20/2027	3/17/2027	6:45 PM	7:45 PM	$45	55637
	TRX Yoga Flow	Galia P.	Th	1/21/2027	3/18/2027	4:00 PM	4:45 PM	$54	55644
	Cardio Dance	Lizzy O.	Th	1/21/2027	3/18/2027	6:30 PM	7:15 PM	$45	54691
	Yin Yoga	Mick M.	Th	1/21/2027	3/18/2027	6:45 PM	7:45 PM	$45	54804
	Yoga Flow	Mick M.	Th	1/21/2027	3/18/2027	5:30 PM	6:30 PM	$45	55632
	Arms & Abs	Jamie A.	F	1/22/2027	3/19/2027	8:15 AM	9:00 AM	$45	55767
	Total Body Fitness	Jamie A.	F	1/22/2027	3/19/2027	9:15 AM	10:00 AM	$45	54783
	Yoga Flow	Mick M.	Sa	1/23/2027	3/6/2027	8:30 AM	9:30 AM	$35	55633
	TRX Yoga Flow	Galia P.	Sa	1/23/2027	3/6/2027	9:15 AM	10:15 AM	$42	55645

MSCR EAST

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
SPRING	Row Fit	Aarika M.	M	3/29/2027	6/7/2027	4:00 PM	4:45 PM	$60	55677
	Row Fit	Aarika M.	M	3/29/2027	6/7/2027	5:00 PM	5:45 PM	$60	55678
	WERQ	Keena A.	M	3/29/2027	6/7/2027	6:00 PM	6:45 PM	$50	55707
	Bootcamp	Aubrie M.	T	3/30/2027	6/1/2027	4:30 PM	5:15 PM	$54	55689
	Cardio Dance & Toning	Karin V.	T	3/30/2027	6/8/2027	5:30 PM	6:15 PM	$55	55723
	Mat Pilates	Ellen U.	W	3/31/2027	6/9/2027	5:15 PM	6:00 PM	$55	55701

MSCR EAST									
	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
SPRING	LGBTQIA+ Yoga	Mick M.	W	3/31/2027	4/21/2027	5:30 PM	6:30 PM	$20	55763
	WERQ Like a Boss	Fawn C.	W	3/31/2027	6/9/2027	6:30 PM	7:30 PM	$55	55706
	TRX Yoga Flow	Galia P.	Th	4/1/2027	6/10/2027	4:00 PM	4:45 PM	$66	55711
	Yoga Flow	Mick M.	Th	4/1/2027	6/10/2027	5:30 PM	6:30 PM	$55	55685
	Cardio Dance	Lizzy O.	Th	4/1/2027	6/10/2027	6:30 PM	7:15 PM	$55	55725
	Yin Yoga	Mick M.	Th	4/1/2027	6/10/2027	6:45 PM	7:45 PM	$55	55697
	Arms & Abs	Jamie A.	F	4/2/2027	6/11/2027	8:15 AM	9:00 AM	$55	54666
	Yoga Flow	Mick M.	Sa	4/3/2027	5/1/2027	8:30 AM	9:30 AM	$25	55686
	TRX Yoga Flow	Galia P.	Sa	4/3/2027	5/1/2027	9:15 AM	10:15 AM	$30	55712

MSCR WEST									
	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
WINTER	Gentle Yoga	Erika F.	M	1/25/2027	3/15/2027	4:30 PM	5:30 PM	$40	55634
	Barre Sculpt	Kelsey S.	M	1/25/2027	3/8/2027	4:30 PM	5:15 PM	$35	55798
	Pure Strength	Valentina A.	M	1/25/2027	3/15/2027	5:45 PM	6:30 PM	$40	55667
	WERQ Like a Boss	Sia F.	M	1/25/2027	3/15/2027	6:00 PM	7:00 PM	$40	55643
	HIIT	Valentina A.	M	1/25/2027	3/15/2027	6:45 PM	7:30 PM	$40	54723
	Pure Strength	Tatiana K.	T	1/19/2027	3/16/2027	5:15 PM	6:00 PM	$45	54753
	Yoga Flow	Heidi G.	T	1/19/2027	3/16/2027	7:15 PM	8:15 PM	$45	55629
	Total Body Fitness	Oliver S.	T	2/2/2027	3/16/2027	5:45 PM	6:30 PM	$35	55664
	Yoga Flow	Kaylin H.	W	1/20/2027	3/17/2027	4:30 PM	5:30 PM	$54	55630
	BollyX Dance	Jacqueline H.	W	1/20/2027	3/17/2027	6:00 PM	6:45 PM	$40	54663
	Barre Sculpt	Alaina G.	W	1/20/2027	3/10/2027	6:15 PM	7:00 PM	$48	54674
	Pure Strength	Valentina A.	Th	1/21/2027	3/18/2027	5:45 PM	6:30 PM	$45	55668
	WERQ	Sia F.	Th	1/21/2027	3/18/2027	6:45 PM	7:30 PM	$45	55641
	Pure Strength	Valentina A.	Th	1/21/2027	3/18/2027	6:45 PM	7:30 PM	$45	55669
	Pure Strength	Valentina A.	Sa	1/23/2027	3/13/2027	8:30 AM	9:15 AM	$40	55670
	Cardio Dance & Toning	Karin V.	Sa	1/23/2027	3/13/2027	9:00 AM	10:00 AM	$40	54694
	Cardio Step	Catherine K.	Sa	1/23/2027	3/13/2027	9:30 AM	10:15 AM	$40	54698
	Gentle Yoga	Catherine K.	Sa	1/23/2027	3/13/2027	10:30 AM	11:30 AM	$40	54710

MSCR WEST									
	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
SPRING	Gentle Yoga	Erika F.	M	3/29/2027	6/7/2027	4:30 PM	5:30 PM	$50	55692
	Barre Sculpt	Kelsey S.	M	3/29/2027	5/10/2027	4:30 PM	5:15 PM	$35	55796
	Pure Strength	Valentina A.	M	3/29/2027	6/7/2027	5:45 PM	6:30 PM	$50	55734
	WERQ Like a Boss	Sia F.	M	3/29/2027	6/7/2027	6:00 PM	7:00 PM	$40	55709
	HIIT	Valentina A.	M	3/29/2027	6/7/2027	6:45 PM	7:30 PM	$50	55766
	Total Body Fitness	Oliver S.	T	3/30/2027	6/8/2027	5:45 PM	6:30 PM	$55	55730
	Yoga Flow	Heidi G.	T	3/30/2027	5/4/2027	7:15 PM	8:15 PM	$30	55683
	Yoga Flow	Kaylin H.	W	3/31/2027	6/9/2027	4:30 PM	5:30 PM	$66	55684
	BollyX Dance	Jacqueline H.	W	3/31/2027	6/9/2027	6:00 PM	6:45 PM	$50	55721
	Barre Sculpt	Alaina G.	W	4/7/2027	5/26/2027	6:15 PM	7:00 PM	$48	55679
	Kickbox Cardio	Elizabeth P.	Th	4/1/2027	4/22/2027	4:45 PM	5:30 PM	$20	54726
	PiYo	Elizabeth P.	Th	4/1/2027	4/22/2027	5:40 PM	6:25 PM	$20	54741
	Pure Strength	Valentina A.	Th	4/1/2027	6/10/2027	5:45 PM	6:30 PM	$55	55735
	WERQ	Sia F.	Th	4/1/2027	6/10/2027	6:45 PM	7:30 PM	$50	55710
	Pure Strength	Valentina A.	Th	4/1/2027	6/10/2027	6:45 PM	7:30 PM	$55	55736
	Pure Strength	Valentina A.	Sa	4/3/2027	5/15/2027	8:30 AM	9:15 AM	$35	55738
	Cardio Dance & Toning	Karin V.	Sa	4/3/2027	5/15/2027	9:00 AM	10:00 AM	$35	55724
	Cardio Step	Catherine K.	Sa	4/3/2027	5/15/2027	9:30 AM	10:15 AM	$35	55690
	Gentle Yoga	Catherine K.	Sa	4/3/2027	5/15/2027	10:30 AM	11:30 AM	$35	55691

VIRTUAL

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
VIRTUAL	Pure Strength - Virtual	Lisa H.	M	1/25/2027	3/15/2027	7:00 AM	7:45 AM	$40	55671
	Arms & Abs - Virtual	Jamie A.	M	1/25/2027	3/15/2027	8:15 AM	9:00 AM	$40	55768
	WERQ - Virtual	Keena A.	M	1/25/2027	3/15/2027	6:00 PM	6:45 PM	$40	55642
	Yin Yoga - Virtual	Clare N.	M	1/25/2027	3/15/2027	7:00 PM	8:00 PM	$40	54806
	Mat Pilates - Virtual	Lisa H.	T	1/19/2027	3/16/2027	7:00 AM	7:45 AM	$45	55631
	Gentle Yoga - Virtual	Galia P.	T	1/19/2027	3/16/2027	5:30 PM	6:30 PM	$45	54715
	Mat Pilates - Virtual	Ellen U.	T	1/19/2027	3/9/2027	6:00 PM	6:45 PM	$30	55638
	Barre Sculpt - Virtual	Lisa H.	W	1/20/2027	3/17/2027	7:00 AM	7:45 AM	$45	54680
	Total Body Fitness - Virtual	Jamie A.	W	1/20/2027	3/17/2027	11:00 AM	11:45 AM	$45	55666
	Pure Strength - Virtual	Jamie A.	Th	1/21/2027	3/18/2027	5:00 PM	5:45 PM	$45	54761
	Hatha Yoga II - Virtual	Kurt R.	Th	1/21/2027	3/18/2027	5:00 PM	6:15 PM	$45	54721
	Arms & Abs - Virtual	Jamie A.	F	1/22/2027	3/19/2027	8:15 AM	9:00 AM	$45	55769
	Yin Yoga - Virtual	Clare N.	Sa	1/23/2027	3/13/2027	10:15 AM	11:15 AM	$40	55635
SPRING	Pure Strength - Virtual	Lisa H.	M	3/29/2027	6/7/2027	7:00 AM	7:45 AM	$50	55733
	Arms & Abs - Virtual	Jamie A.	M	3/29/2027	6/7/2027	8:15 AM	9:00 AM	$50	54669
	WERQ - Virtual	Keena A.	M	3/29/2027	6/7/2027	6:00 PM	6:45 PM	$50	55708
	Yin Yoga - Virtual	Clare N.	M	3/29/2027	6/7/2027	7:00 PM	8:00 PM	$50	55695
	Mat Pilates - Virtual	Lisa H.	T	3/30/2027	6/8/2027	7:00 AM	7:45 AM	$55	55704
	Gentle Yoga - Virtual	Galia P.	T	3/30/2027	6/8/2027	5:30 PM	6:30 PM	$55	55693
	Mat Pilates - Virtual	Ellen U.	T	3/30/2027	6/8/2027	6:00 PM	6:45 PM	$55	55703
	Barre Sculpt - Virtual	Lisa H.	W	3/31/2027	6/9/2027	7:00 AM	7:45 AM	$55	55680
	Total Body Fitness - Virtual	Jamie A.	W	3/31/2027	6/9/2027	11:00 AM	11:45 AM	$55	55729
	Pure Strength - Virtual	Jamie A.	Th	4/1/2027	6/10/2027	5:00 PM	5:45 PM	$55	55732
	Hatha Yoga II - Virtual	Kurt R.	Th	4/1/2027	6/10/2027	5:00 PM	6:15 PM	$50	55762
	Arms & Abs - Virtual	Jamie A.	F	4/2/2027	6/11/2027	8:15 AM	9:00 AM	$55	55728
	Yin Yoga - Virtual	Clare N.	Sa	4/3/2027	5/15/2027	10:15 AM	11:15 AM	$35	55696

WARNER PARK

	Class	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
W	Strength Training for Women	Lynelle H.	M	1/25/2027	3/15/2027	12:00 PM	12:45 PM	$40	55646
	Hatha Yoga II	Kurt R.	M	1/25/2027	3/15/2027	5:30 PM	6:45 PM	$40	54719
	Hatha Yoga I	Kurt R.	M	1/25/2027	3/15/2027	7:00 PM	8:00 PM	$40	54717
	Mat Pilates	Ellen U.	T	1/19/2027	3/9/2027	8:30 AM	9:15 AM	$30	54732
S	Strength Training for Women	Lynelle H.	M	3/29/2027	6/7/2027	12:00 PM	12:45 PM	$50	55714
	Hatha Yoga II	Kurt R.	M	3/29/2027	6/7/2027	5:30 PM	6:45 PM	$50	55761
	Hatha Yoga I	Kurt R.	M	3/29/2027	6/7/2027	7:00 PM	8:00 PM	$50	55759
	Mat Pilates	Ellen U.	T	3/30/2027	6/8/2027	8:30 AM	9:15 AM	$55	55702

OUTDOOR

Class	Location	Instructor	Day	Start Date	End Date	Start Time	End Time	Res. Fee	Course
Gentle Yoga - Outdoor	Olbrich Park	Ellen U.	M	4/26/2027	6/7/2027	5:00 PM	6:00 PM	$30	55694
Kickbox Cardio - Outdoor	Garner Park	Joanne H.	T	4/27/2027	6/8/2027	4:45 PM	5:30 PM	$35	55699
Pure Strength - Outdoor	Garner Park	Joanne H.	T	4/27/2027	6/8/2027	5:40 PM	6:25 PM	$35	54759
Couch to 5k - Outdoor	MSCR Central	Grace H.	T	4/27/2027	6/8/2027	6:15 PM	7:00 PM	$35	55720
LGBTQIA+ Yoga - Outdoor	Tenney Park	Mick M.	W	4/28/2027	6/9/2027	5:30 PM	6:30 PM	$35	55764
Kickbox Cardio - Outdoor	Garner Park	Elizabeth P.	Th	4/29/2027	6/10/2027	4:45 PM	5:30 PM	$35	55698
PiYo - Outdoor	Garner Park	Elizabeth P.	Th	4/29/2027	6/10/2027	5:40 PM	6:25 PM	$35	55700
Pure Strength - Outdoor	Acewood Park	Jamie A.	F	4/2/2027	6/11/2027	9:30 AM	10:15 AM	$55	54760
Yoga Flow	Olbrich Park	Mick M.	Sa	5/8/2027	6/5/2027	8:30 AM	9:30 AM	$25	55687