



Group Fitness Schedule

December 2024



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| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|--|---|---|---------------------------------|---------------------------------|
| 5:45-6:45am BODYPUMP with Amy | 6:00-6:45am SPIN with Ronda | 5:45-6:45am BODYPUMP with Amy | 6:00-6:45am SPIN CORE with Ronda | 5:45-6:45am BODYPUMP with Amy | | |
| 8:00-9:00am CARDIO TONING with Chris | 8:00-9:00am STRENGTH with Sarah | 8:00-9:00am CARDIO TONING with Chris | 8:00-9:00am STRENGTH with Sarah | 8:00-9:00am CORE ESSENTIALS with Chris | 7:00-9:00am OPEN GYM | |
| 9:15-10:15am YOGA with Sarah | 9:15 - 10:15am YOGA with Stacey | 9:15-10:15am YOGA with Sarah | 9:15-10:15am YOGA with Stacey | 9:15-10:00am CHAIR YOGA with Sarah | 9:30-10:30am YOGA | |
| 10:30am - 3:30pm OPEN GYM PICKLEBALL PLAY Open gym or reserve court time for 30-60 minutes at the front desk or online on the Member Self-Service Portal. Scan the QR code to access the portal. | | | | | 11:00-2:00pm OPEN GYM | 12:00-4:00pm OPEN GYM |
| 4:15-5:00pm STRENGTH with Reid | 4:15-5:15pm YOGA with Renee | 4:15-5:15pm ZUMBA with Jess | 4:15-5:15pm YOGA with Renee | 4:15-5:00pm STRENGTH with Reid | | |
| 5:30-6:30pm BODYPUMP with Patrick | 5:30-6:30pm ZUMBA with Ashley | 5:30-6:30pm BODYPUMP with Patrick | 5:30-6:30pm ZUMBA with Sheena | 5:30-6:30pm BODYPUMP with Patrick | | |
| 6:45 - 7:45pm OPEN GYM | 6:45-7:00 CIRCL MOBILITY with Ashley | 6:45 - 7:45pm OPEN GYM PICKLEBALL PLAY Open play or reserve court time 30-60 minutes at the front desk or online on the Member Self-Service Portal. Scan the QR code to access the portal. | | | | |
| | 7:00 - 8:00pm OPEN GYM | | | | | |



SCAN HERE

Facility Hours: Monday-Friday 5am - 8pm | Saturday 7am - 2pm | Sunday 12pm - 4pm
270-762-1348 | www.mcchwellness.com | 716 Poplar St. Murray, KY 42071

Class Descriptions

BODYPUMP is the original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns calories, increases core strength, and improves bone health. *Instructors: Amy & Patrick*

Cardio Toning integrates aerobic fitness, strength training with dumbbells, and high intensity intervals (HIIT) to improve your cardiovascular fitness and endurance. *Instructor: Chris*

Chair Yoga is an accessible practice designed to help you enjoy the benefits of yoga with the support of a chair. You will learn a variety of breathing techniques and yoga postures to help you improve mobility, balance, coordination, flexibility, and strength. *Instructor: Sarah*

CIRCL Mobility focuses on flexibility, breathwork, and mobility exercises to help you move better, longer. Set to a soundtrack of healing tones + sound frequencies to help your mind focus and release stress. *Instructor: Ashley*

Core Essentials is a challenging and dynamic class that strengthens the core muscles, including the abs, hips, and lower back. The main focus is to help you develop a strong and stable core, improve posture, and increase overall fitness. *Instructor: Chris*

Pickleball Play: Open play or reserve your court time 30-60 minutes at the front desk or online on the Member Self-Service Portal.

Simply Yoga is a gentle yoga class designed for beginners. You will learn basic yoga postures with an emphasis on breathing and proper alignment. *Instructor: Renee*

Spin is a fun and motivating 45-minute indoor cycling workout designed to build cardiovascular endurance and strength through interval training. *Instructor: Ronda*

Spin Core is an energizing fusion of cycling and core exercises. Enhance your cardiovascular health and build functional core strength. *Instructor: Ronda*

Strength is a challenging strength training class that incorporates barbell, dumbbell, and bodyweight exercises. Develop better balance, coordination, and power in this full-body workout. *Instructors: Sarah, Reid, Kaden*

Yoga is designed to strengthen, stretch, and relax your entire body while calming your mind. With an emphasis on breath, you will learn traditional yoga postures, alignment, and modifications. All levels welcome. *Instructors: Raylene, Sarah, Stacey*

ZUMBA takes the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise. *Instructors: Ashley, Jess, Sheena*

