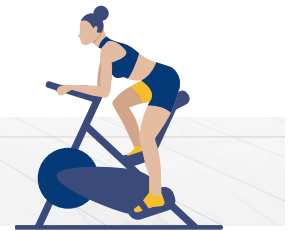




# Group Fitness Schedule

## September 2024



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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:45-6:45am <b>BODYPUMP</b> with Amy	6:00-6:45am <b>Spin</b> with Ronda	5:45-6:45am <b>BODYPUMP</b> with Amy	6:00-6:45am <b>Spin</b> with Ronda	5:45-6:45am <b>BODYPUMP</b> with Amy			
8:00-9:00am <b>Cardio Toning</b> with Chris	8:00-9:00am <b>Strength</b> with Sarah	8:00-9:00am <b>Cardio Toning</b> with Chris	8:00-9:00am <b>Strength</b> with Sarah	8:00-9:00am <b>Core Essentials</b> with Chris	7:00-9:00am <b>Pickleball Practice</b>		
9:15-10:15am <b>Yoga</b> with Sarah	9:15 - 10:15am <b>Yoga</b> with Stacey	9:15-10:15am <b>Yoga</b> with Sarah	9:15-10:15am <b>Yoga</b> with Stacey	9:15-10:15am <b>Chair Yoga</b> with Sarah	9:30-10:30am <b>Yoga</b> with Raylene		
10:30am - 3:30pm <b>Pickleball Practice</b>					11:00-2:00pm <b>Pickleball Practice</b>	12:00-4:00pm <b>Pickleball Practice</b>	
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.							
4:00-5:00pm <b>Strength</b> with Reid	4:00-5:00pm <b>Yoga</b> with Renee	4:00-5:00pm <b>Strength</b> with Reid	4:00-5:00pm <b>Yoga</b> with Renee	4:15-5:15pm <b>Yoga</b> with Sarah			
5:30-6:30pm <b>BODYPUMP</b> with Patrick	5:30-6:30pm <b>Zumba</b> with Ashley	5:30-6:30pm <b>BODYPUMP</b> with Patrick	5:30-6:30pm <b>Zumba</b> with Sheena	5:30-6:30pm <b>BODYPUMP</b> with Patrick			
6:45 - 7:45pm <b>Pickleball Practice</b>	6:45-7:00 <b>Circl Mobility</b> with Ashley	6:45 - 7:45pm <b>Pickleball Practice</b>					
	7:00 - 8:00pm <b>Pickleball Practice</b>	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.					

**SCAN HERE**

**Facility Hours: Monday-Friday 5am - 8pm | Saturday 7am - 2pm | Sunday 12pm - 4pm**  
**270-762-1348 | [www.mcchwellness.com](http://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. *Instructor: Sarah*

**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 & Sheena*

