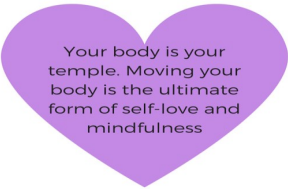


Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Your body is your temple. Moving your body is the ultimate form of self-love and mindfulness</p> <p><small>@thekerryfiles.com</small></p>			1
4	5	6	7	8
<p>6:00 AM Sculpt Cycle (KH) 9:00 AM Total Body (BM) 10:30 AM Balance (KH) 12:10 PM Express TBC (BM) 3:30/4:00 PM Body Recomp (BG) 4:15 PM Buff Yoga (BM) 4:15 PM Water Exercise (KC) 5:30 PM ZUMBA™+Yoga (KC) - NEW!</p>	<p>6:00 AM Total Body (KH) 8:00 Water Exercise (CL) 9:00 AM F'AB Ride (BM) 10:00 AM Gentle Yoga (BM) 12:10 PM Express Core Yoga (BM)</p>	<p>6:00 AM Express Cycle (BM) 6:30 AM Express Core Yoga (BM) 8:00 AM Total Body (BM) 9:00 AM Buff Yoga (BM) 10:30 AM Balance (KH) 12:10 PM Express TBC (BM) 3:30/4:00 PM Body Recomp (BG) 5:00 PM Water Exercise (KC) 6:30 PM Nocturnal Yoga (KC)</p>	<p>6:00 AM Total Body (KH) 8:00 AM Water Exercise (CL) 12:10 PM Express Cycle (BG)</p>	<p>6:00 AM Express Cycle (BM) 6:30 AM Express Yoga (BM) 8:00 AM Buff Yoga (BM) 9:00 AM Total Body (BM) 10:00 AM Gentle Yoga (BM) 12:10 PM Express TBC (BG)</p>
11	12	13	14	15
<p>6:00 AM Sculpt Cycle (KH) 9:00 AM Total Body (BM) 10:30 AM Balance (KH) 12:10 PM Express TBC (BM) 3:30/4:00 PM Body Recomp (BG) 4:15 PM Buff Yoga (BM) 4:15 PM Water Exercise (KC) 5:30 PM ZUMBA™ + Yoga (KC) - NEW!</p>	<p>6:00 AM Total Body (KH) 8:00 AM Water Exercise (CL) 9:00 AM F'AB Ride (BM) 10:00 AM Gentle Yoga (BM) 12:10 PM Express Core Yoga (BM)</p>	<p>6:00 AM Express Cycle (BM) 6:30 AM Express Core Yoga (BM) 8:00 AM Total Body (BM) 9:00 AM Buff Yoga (BM) 10:30 AM Balance (KH) 12:10 PM Express TBC (BM) 3:30/4:00 PM Body Recomp (BG) 5:00 PM Water Exercise (KC) 6:30 PM Nocturnal Yoga (KC)</p>	<p>6:00 AM Total Body (KH) 8:00 AM Water Exercise (CL) 12:10 PM Express Cycle (BG)</p>	<p>6:00 AM Express Cycle (BM) 6:30 AM Express Yoga (BM) 8:00 AM Buff Yoga (BM) 9:00 AM Total Body (BM) 10:00 AM Gentle Yoga (BM) 12:10 PM Express TBC (BG)</p>
18	19	20	21	22
<p>6:00 AM Sculpt Cycle (KH) 9:00 AM Total Body (BM) 10:30 AM Balance (KH) 12:10 PM Express TBC (BM) 3:30/4:00 PM Body Recomp (BG) 4:15 PM Water Exercise (KC) 5:30 PM ZUMBA™ + Yoga (KC) - NEW!</p>	<p>6:00 AM Total Body (KH) 8:00 AM Water Exercise (CL) 9:00 AM F'AB Ride (BM) 10:00 AM Gentle Yoga (BM) 12:10 PM Express Core Yoga (BM)</p>	<p>6:00 AM Sculpt Cycle (KH) See Format. 8:00 AM Total Body (KH) 9:00 AM Buff Yoga (KC) 10:30 AM Balance (KH) 3:30/4:00 PM Body Recomp (BG) 5:00 PM Water Exercise (KC) 6:30 PM Nocturnal Yoga (KC)</p>	<p>6:00 AM Total Body (KH) 8:00 AM Water Exercise (CL) 12:10 PM Express Cycle (BG)</p>	<p>8:00 AM Buff Yoga (KC) 9:00 AM Total Body (KH) 12:10 PM Express TBC (BG)</p>
25	26	27	28	
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CLASS DESCRIPTIONS

Classes

YOGA CLASSES:

BUFF YOGA— This strength building flow class focuses on sculpting a leaner stronger body while releasing stress and fatigue. A mind/body adventure that will leave you energized and ready to take on anything. **50min.**

GENTLE YOGA— Gentle Yoga presents an introduction to basic yoga poses. The class is designed to enhance balance and increase flexibility. Gentle Yoga is for people new to yoga or those who are experiencing joint sensitivity, overall stiffness due to lack of activity, or other physical limitations. **50 Min.**

BALANCE— A 30 minute class focusing on stability and balance from a chair, standing on a balance pad, and at a rail. Controlled awareness is stressed. **30 Min.**

CORE YOGA — De-stress, detoxify and quiet your mind in this soothing yoga class that incorporates deep breathing techniques with restore poses. This class focuses on using postures to build strength & balance in the back muscles, abdominals, and glutes. **50 Min. EXPRESS CORE YOGA — 30 Min.**

NOCTURNAL YOGA — De-stress, detoxify, and quiet your mind with this soothing yoga class that incorporates deep breathing techniques with restorative poses. You will leave this class with a newfound sense of peace and tranquility. **50 Min.**

CARDIO CLASSES:

WATER EXERCISE— An energized class for all levels using the water as resistance to achieve a great cardiovascular workout with reduced stress on all joints. The resistance of the water helps strengthen joints and muscles and increases flexibility. **60 Min.**

CYCLING—This class will focus on the multiple fitness benefits of cycling including muscular strength, aerobic and anaerobic training. Rides will include various forms of interval training, hill climbing, sprinting, and or endurance training. **45 Min. EXPRESS CYCLING—30 Min.**

F'AB RIDE— 30 minutes cycling followed up with 15 minutes AB / Core work and stretching. A great class that covers just about everything! **45 Min.**

SCULPT CYCLE— A total body cycling class that is packed with interval series cardio. This class incorporates a weights series to improve strength, stability and coordination while increasing endurance. A challenging class for all skill levels. **45 Min.**

Zumba™ + Yoga — Bust a move, then zen it out! This class includes dance and aerobic movements that are performed to energetic music. Then at the end of it all, get your yoga on. **60 Min.**

TOTAL BODY CLASSES:

TOTAL BODY— Make every muscle in your body work in this class that incorporates moves to improve your cardiovascular and muscular strength, balance and stability. **45 Min. EXPRESS TOTAL BODY — 30 Min.**

BODY RECOMP— This class is your cure to your regular fitness routine. Using functional training and principles of athletic conditioning, this workout will test your limits. Done in circuit fashion, your muscular strength and endurance will be challenged. A total body workout that is challenging and feels like you're training one-on-one with a private trainer. **30 Min.**

Instructor Key

BM—Becky Mayne

CL—Claire Lattner

KH—Kirsten Heim

BG—Brad Gerein

KC—Krissy Custer

****ALL CLASSES NEED AT LEAST 2 PARTICIPANTS TO TAKE PLACE
WATER CLASSES NEED AT LEAST 3****

CLASS FEES AND PUNCH CARDS

Classes are not included in memberships at MMC, separate fees apply. We will track your class attendance and count classes attended. You will not lose out if you miss a class. Class punch cards include 10 classes.

FREE Class added with purchase of First Punch Card

ADDITIONAL INFORMATION

All **water exercise classes** will meet at the **RAMADA INN in Galena, IL** pool, Upon entering the hotel, tell the front desk that you will be attending the water exercise and they will direct you towards the pool. Please arrive early for all water classes, as changing facilities are limited.

Class Pricing

	MH&F Members	Non-Members
Price Per Class	\$6	\$8
Price Per Express Class	\$4	\$5
Punch Card Pricing:		
Punch Card	\$50	\$70

