

September 2026 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or Facebook for most current updates
New Advanced Strength and Gentle Fitness Trainings starting on Thursdays in September!!!!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	August 31	1	2	3	4	5
No Fitness Classes	Strength, Core & More-8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	Dance Party – 9:30 AM Balance/Stability-11:00AM Barre – 5:45 PM Spin – 6:30 PM	HITT Class – 8:30 AM No Tabata Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	No Dance Party Move with Music-11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	HITT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
6	No Fitness Classes Labor Day	7	8	9	10	11
No Fitness Classes		Dance Party – 9:30 AM No Balance/Stability Barre – 5:45 PM Spin – 6:30 PM	HITT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	No Dance Party No Move with Music Yoga – 5:45 PM Yoga- 7:00 PM	HITT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
13		14	15	16	17	18
No Fitness Classes	Strength, Core & More-8:30AM Stretch & Tone – 9:30 AM SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	Dance Party – 9:30 AM w/Kathy Balance/Stability-11:00AM No Barre Spin – 6:30 PM	HITT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	Dance Party-9:30 AM w/ K Adv Strength Train-9:30AM Gentle Fitness – 10:45 AM Move with Music-11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	HITT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
20	21	22	23	24	25	26
No Fitness Classes	Strength, Core & More-8:30AM Stretch & Tone w/ Cindy SS Classic – 11:00 AM Pilates/Barre – 5:45 PM Yoga – 7:00 PM	No Dance Party Balance/Stability-11:00AM Barre – 5:45 PM Spin – 6:30 PM	HITT Class – 8:30 AM Tabata – 9:30 AM No Strengthen & Tone No SS Cardio Circuit Zumba Toning – 6:15 PM	Dance Party – 9:30 AM No Adv Strength Train No Gentle Fitness Move with Music-11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	No HITT Class Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM
27	28	29	30	Oct 1	Oct 2	Oct 3
No Fitness Classes	No Strength, Core & More No Stretch & Tone No SS Classic Pilates/Barre – 5:45 PM Yoga – 7:00 PM	Dance Party – 9:30 AM Balance/Stability-11:00AM Barre – 5:45 PM Spin – 6:30 PM	HITT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone-9:30 AM SS Cardio Circuit-11:00 Am Zumba Toning – 6:15 PM	Dance Party – 9:30 AM Adv Strength Train-9:30AM Gentle Fitness – 10:45 AM Move with Music-11:00 AM Yoga – 5:45 PM Yoga- 7:00 PM	HITT Class – 8:30 AM Chair Yoga – 9:30 AM Gentle Flow Yoga-10:45AM	Zumba – 9:00 AM Spin – 9:00 AM

Advanced stretching, (NEW) – (weights and bands – bring a mat, you can use chair) – Thursday – (Cindy)

We'll add balance, stretching and even some cardio in this advanced strength training. Be ready to work those muscles as the instructor will help you progress.

Dance with Michelle: (no chairs or any other equipment) - (Michelle)

We will be sure to get your body moving. A great workout for all levels of fitness enthusiasts, this class combines cardiovascular training and toning exercises, for a superior total body workout.

Gentle Fitness – (NEW) (chair, bands) – Thursday – (Cindy)

New to classes or working out? Do you have a medical condition you need to work around? This class works your muscles, heart, balance and stretching, all while working with any issues you may already have. Already exercising? Instructor will work with you to advance yourself for better fitness. You will 'feel' better and "look" better.

HIIT: High Intensity Interval Training: (heavy weights and sliders) – Alice (Wed) – Heather (Friday)

HIIT workouts will range from intervals to circuits, to AMRAPs (as many rounds as possible). This is a full, total body workout with a combination of cardio and strength exercises. This workout will rev your heart rate, increase your metabolism, burn calories, and build muscular strength.

Move with Music (chair) Kathy- Dance based exercise class designed for all abilities. It will include both sitting and standing dance movements

Pilates/Barre: (Lighter Weights, Balls and Bands – bring a mat)- (Angel -Mon, Beth -Tues)

This class focuses on strengthening and toning your body with isometric movements. Holding your body still while you contract specific muscles until you shake and feel the burn!

Tabata: (heavy and light weights and sliders)- (Heather)

This new class is a higher intensity version of HIIT with shorter and more rigidly defined workouts. Be ready to build your cardiorespiratory endurance by cramming maximum muscle-burning into a minimal time frame.

Spin Class: (Bikes are in Spin Room on second floor – (Larry)

This indoor cycling class involves pedaling on a stationary bike while using various levels of speed and resistance.

SS Classic, SS Stability & SS Cardio: (includes chairs, bands, light weights, and balls) - (Jane)

Fun but challenging Senior Classes that emphasize improving strength, flexibility, and muscle toning.

Strength Core & More: (Heavy and light weights) - (Heather)

This class focuses on everything from your shoulders to your knees, creating a stable core. You'll work on strength, conditioning, toning, balance and even cardio.

A variety of formats and equipment will be used. All fitness levels are welcome!

Strengthen & Toning: (Light weights, balls, resistance bands, and your own body weight – bring a mat) – (Jane)

Work all muscle groups with a variety of strength and conditioning exercises. This class tones the upper and lower body. Please bring a mat for floor work.

Stretch & Tone: (Light weights, balls, resistance bands, and your own body weight – bring a mat) – (Jane)

Work all muscle groups with a variety of stretching and conditioning exercises. This class works the upper and lower body. Please bring a mat for floor work.

Yoga: (No equipment- bring a mat) - (Angel)

In this class, the basic, foundational yoga postures are practiced aligning, strengthening, and it promotes flexibility in the body.

Zumba Toning: (Zumba sticks or smaller weights used)-(Beth)

It targets the abs, thighs, arms, & other muscles throughout the body. This Zumba class provides participants with a cardio workout and strength training.

Zumba: (No equipment or mat required) - (Beth)

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class.