

December 2024 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or our Facebook page for most current updates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 No Fitness Classes	2 Strength, Core & More–8:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	3 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	4 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	5 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	6 HIIT Class – 8:30 AM Strengthen & Tone-9:30AM SS Classic– 11:00 AM	7 Zumba – 9:00 AM Spin – 9:00 AM
8 No Fitness Classes	9 Strength, Core & More–8:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM Pilates/Barre - 6:15 PM Yoga – 7:30 PM	10 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	11 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	12 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	13 HIIT Class – 8:30 AM Strengthen & Tone-9:30AM SS Classic–11:00 AM	14 No Zumba Class Spin – 9:00 AM
15 No Fitness Classes	16 Strength, Core & More–8:30AM Stretch & Tone–9:30 AM SS Classic – 11:00 AM No Pilates/Barre No Yoga	17 Dance Party – 9:30 AM Stability – 11:00 AM Barre – 5:45 PM	18 HIIT Class – 8:30 AM Tabata – 9:30 AM Strengthen & Tone–9:30AM SS Cardio Circuit – 11:00 AM Zumba Toning – 6:15 PM Spin- 6:30 PM	19 Dance Party – 9:30 AM Yoga Stretch –11:00 AM Yoga – 6:15 PM Pilates/Barre - 7:30 PM	20 HIIT Class – 8:30 AM Strengthen & Tone-9:30AM SS Classic–11:00 AM	21 Zumba – 9:00 AM Spin – 9:00 AM
22 No Fitness Classes	23 No Strength, Core & More No Stretch & Tone No SS Classic Pilates/Barre - 6:15 PM Yoga – 7:30 PM	24 No Classes Merry Christmas	25 No Classes Merry Christmas	26 No Classes Merry Christmas	27 No HIIT Class No Strengthen & Tone No SS Classic	28 Zumba – 9:00 AM Spin – 9:00 AM
29 No Fitness Classes	30 No Strength, Core & More No Stretch & Tone No SS Classic No Pilates/Barre No Yoga	31 No Classes Happy New Year	January 1st No Classes Happy New Year			

Pilates/Barre: (Lighter Weights, Balls and Bands – bring a mat)

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!

Dance with Vicki: (no chairs or any other equipment)

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.

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.

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)

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) (Vicki)

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) – (Vicki)

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) – (Vicki)

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)

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

Yogalates: (Light weights, balls, resistance bands, and your own body weight – bring a mat)

Yogalates is a type of exercise inspired by Yoga and Pilates, as its name suggests. It is said to harness the physical and mental benefits of both practices, and its advocates describe it as a comprehensive exercise system.

Zumba Toning: (Zumba sticks or smaller weights used)

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

Zumba: (No equipment or mat required)

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.