

July 2026 Fitness Class Schedule

Classes Subject to change – Check MONTCRC.COM or Facebook for most current updates
Schedule may be updated periodically as we continue to on-board instructors

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

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!

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.

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

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.

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)-(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.