

GROUP FITNESS SCHEDULE

Effective Sunday, January 11, 2026

MONDAY		
5:45 AM	Pop Barre	Becky C.
9:00 AM	Total Body Conditioning	Deb
10:00 AM	Stretch (30 MIN CLASS)	Deb
10:45 AM	Functional Strength	Becky
4:30 PM	Yoga	Julie J
6:00 PM	Pop Pilates	Marlene
6:00 PM	Spinning	Whitney
TUESDAY		
5:45 AM	Spinning	Emily
8:45 AM	Muscle Up	Becky
10:00 AM	High Fitness	Holli
6:00 PM	Yoga	Emily F.
WEDNESDAY		
5:45 AM	Total Body Conditioning	Deb
9:00 AM	Pop Pilates	Victoria
10:10 AM	Chair Yoga (45 MIN CLASS)	Emily F.
6:00 PM	Muscle Up	Rotate
THURSDAY		
5:45 AM	Spinning	Becky
9:00 AM	Yoga	Julie J
10:45 AM	Functional Strength	Thelxi
6:00 PM	Yoga	Danae
FRIDAY		
5:45 AM	Total Body Conditioning	Deb
8:00 AM	CORE (45 MIN CLASS)	Danielle
9:00 AM	Pop Barre	Becky C.
10:15 AM	Chair Yoga (NEW CLASS)	Emily F.
SATURDAY		
7:15 AM	Spinning	Emily
7:15 AM	Pop Barre	Becky C.
8:30 AM	Spinning (NEW CLASS)	Rotate
8:30 AM	Yoga	Julie J.
9:30 AM	TRX	Rachel
SUNDAY		
9:15 AM	Muscle Up	Danielle
10:30 AM	Yoga	Danielle

All classes are 55 min unless otherwise noted.

Classes subject to change due to staffing and capacity.

MONDAY		
9:00 AM	Aqua Fit - Deep	Karen
6:00 PM	Aqua Fit - Shallow	Carrie
TUESDAY		
7:45 AM	Aqua Fit - Shallow	Thelxi
9:00 AM	Aqua Fit - Shallow	Thelxi
6:30 PM	Aqua Fit - Deep	Becky
WEDNESDAY		
9:00 AM	Aqua Fit - Deep	Karen
6:00 PM	Aqua Fit - Shallow	Julie S.
THURSDAY		
7:45 AM	Aqua Fit - Shallow	Thelxi
9:00 AM	Aqua Fit - Shallow	Thelxi
6:30 PM	Aqua Fit - Deep	Carrie
FRIDAY		
8:00 AM	Aqua Dance - Shallow	Robb
9:00 AM	Aqua Fit - Deep	Carrie

KIDZONE HOURS

MON.	9:00-11 AM & 5:00-7:00 PM
TUES.	9:00-11 AM & 5:00-7:00 PM
WED.	9:00-11 AM & 5:00-7:00 PM
THURS.	9:00-11 AM
FRI.	9:00-11 AM

KIDZONE CHILDCARE RATES

\$3	Single Hour
\$25	One 10 hour punch card
\$40	Two 10 hour punch cards (20 hours total)

Please visit us on social media for updates.

The Park Center in
Murray

@parkcenterlife



NOTE: 1st hour FREE for children on ANNUAL Park Center Membership
ages 2-9. State Licensing determines child ratio.

RESERVATIONS ARE REQUIRED ONLINE WWW.MCREG.COM.

No off-site service available.