

MHHC Group Fitness Studio Calendar January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Studio 2						
		Bootcamp 6:15-7am Jen		Bootcamp 6:15-7am Jen	Step Plus 6:15-7am Jen	
Express Core 9:45-10:15am Julie	Basic Cardio Drums 9:00-9:45am Joy	Beginner Tai Chi 9-9:45am Patti	Basic Cardio Drums (Hybrid) 9:00-9:45am Joy		Intermediate Tai Chi 9-10am Patti	
	Barre 10:00-10:45am Jillian	Cardio Light 10-10:45am Patti	Step and Strength 10:15-11:00 am Jillian	Cardio Light 10-10:45am Monica	Cardio Dance 10:15-11am Monica	Step Plus 10-10:40am Patti
TBC 11-11:45am Rotation	TBC 11-11:45 am Jillian	Basic Strength & Balance 11-11:45am Andrea	Express Core 11:05-11:35am Jillian	TBC 11:15-12pm Mike	Basic Strength & Balance 11:15- 12pm Monica	Basic Step 10:45-11:25am Patti
Basic Strength & Balance 12-12:45pm Rotation	Swing & Salsa Solo 12-12:45pm Daphne	Cardio Drums 12:15-1:00pm Jillian		Basic Strength & Balance 12:30-1:15pm Monica	Cardio Drums 12:15-1:00pm Jillian	TBC 11:35-12:20 Noelle
	Express Core 4:45 moved to Cycle Zone	TBC 5:30-6:15pm Kim	Pilates Mix 5:30pm-6:15pm Anna	Cardio Dance 5:30-6:15pm Monica		
	Simply Strength 6:30-7:15pm Joy	Barre 6:30-7:15pm Kim	Simply Strength 6:30-7:15pm Anna			
Mind and Body Studio						
		Core Sculpt and Stretch (Hybrid) 9am-9:45am Joy	Yoga Mix 6-7am Anne		Yoga Mix 8-9am Dori	
Fusion 11am-11:45am Kim	Yoga Mix 10:45-12pm DaVaun	Pilates Mix 10:15-11am Lara	Pilates Mix 10:15-11am Noelle	Pilates (Hybrid) 9-9:45am Joy	Barre 9:15-10am Monica	Yoga Mix 10-10:45am Noelle
	Express Pilates 12:15-12:45 Monica			Gentle Yoga 10:45-12pm DaVaun	Pilates Mix 10:15-11am Lara	
	Basic Yoga 1-2pm Abby	Gentle Yoga 1-2pm Abby	Vinyasa Yoga 12:15-1:15pm DaVaun	Gentle Yoga 1-2pm Abby	Yoga Mix 12:15-1:15pm Gwen	
	Pilates Mix 4:15-5pm Monica		Chair Yoga 4:30-5:15pm Gwen	Pilates Mix 4:15-5pm Monica		
	Yoga Mix 5:30-6:25 Cindy	Yoga Mix 5:30-6:15pm Noelle	Yoga Mix 5:30-6:30pm Gwen	Restorative Yoga 5:30-6:30pm Noelle		
Cycle Studio						
	Cycling 5:45-6:30am Grace	Cycling 5:45-6:30am Wendi	Cycling 5:45-6:30am Sarah	Cycling 5:45-6:30am Wendi		
Cycling 8:30-9:30am Julie	Cycling 9:45-10:30am DaVaun	Speed Cycle 9:15-9:45am Lara		Cycling 9:45-10:30am DaVaun	Speed Cycle 9:15-9:45 Lara	Cycling 8:30-9:15am Amanda/Noelle
	Cycle & Sculpt 12:15-1pm Lara		Team Beats Bike & Balance 11:15-12pm Wendi	Balance and Bend (no cycling) 11:15-12pm Monica	Team Beats Cycle& Strength 11:15-12:15pm Joy	
Highlighted classes are New!	Express Core 4:45-5:15pm Joy (no cycling)			Cycle & Sculpt 12:15-1pm Lara		
Studio 2 occupied M 1-3, 4:15-6:15; Tues 1-2, Wed 1-3	Cycling 5:30-6:15pm Joy	Cycling 5:30-6:15pm Grace	Team Beats Pedal &Power 5:30-6:30pm Kim	Team Beats Power Hour 5:30pm-6:30 pm Grace		*Please check Technogym for most up-to-date information

variety of dances including hip-hop, Latin, ballet, bachata and jazz. Class will start off with a slower beat and then rev it up for a great workout.

EXPRESS CORE – This 30-minute class will challenge your abdominals, back and hips to strengthen your core. Stretching included.

POWER FUSION- INT/ADV- fusing cardio, strength and power moves to give you that total body burn. **MUST BE ABLE TO GET ON/OFF FLOOR WITH EASE**

TOTAL BODY CONDITIONING (TBC) – This total body muscular strength/endurance class is a complete workout using risers, dumbbells and more!

STEP PLUS – Challenging step combinations provide a fun, high-energy workout. Some strength and core work may be included as intervals.

VINYASA YOGA– This class is moderate to faster paced, with instruction in alignment of the body and linking with the flow of breath. **Must be able to get up & down from the floor with ease and flow through poses.**

ALL LEVELS

CYCLING – Indoor cycling is a high intensity, low impact aerobic workout that is an individually paced group training class. If class is marked Teambeats -heart rate monitors are used during class. **OPTIONAL**

CYCLE & SCULPT – This class combines the cardiovascular benefits of cycling with toning exercises using a band & bodyweight.

FUSION 45- Fusion 45: This energizing class combines elements of Core and Strength to improve muscle tone and flexibility. **Must be able to get up and down off the floor with ease.**

PILATES MIX –Improve posture and increase muscular strength and endurance by doing Pilates exercises on the mat and using other props. **Must be able to get up & down from the floor with ease.**

STEP & STRENGTH & STRETCH– A combination class of intervals using the step for cardio and weights for strength training as well as stretching to improve flexibility.

TEAMBEATS Pedal & Power, Bike & Balance, Cycle & Strength, Power Hour- All classes are hybrid and will incorporate cycling and the Technogym Benches for a total body workout.

YOGA MIX – This class is moderately paced, with instruction in alignment of the body and flow of breath. Learn range of standing, sitting, and balancing poses to connect the breath with movement through deep, full yogic breathing. **Must be able to get up & down from the floor with ease.** **CARDIO DRUMS-** A full body, energetic drumming class that creates a mind-muscle connection that delivers fun and fitness. This class can be done seated or standing.

BEGINNER

BASIC STRENGTH & BALANCE–Learn basic strength training exercises using weights and bands. Some of the class is done seated in a chair or on a ball. Balance exercises are included to improve coordination and confidence.

BALANCE & BEND- Stretch and Balance standing class designed to help you feel both challenged and lengthened. Using props and benches to use all major muscle groups. Class is in Cycle studio, no cycling.

BASIC/GENTLE YOGA – This gentle class will incorporate foundational poses with attention to alignment and breathing.

CHAIR YOGA – A gentle practice in which yoga is performed while seated and/or with the aid of a chair. It is also a great form of yoga for beginners or anyone who wants to focus on gentle practice.

TAI CHI (Beginner)- Learn the basic principles and fundamental movements of Tai Chi while improving balance, strength, flexibility, and mindfulness.

BEGINNER TO INTERMEDIATE

BASIC STEP – Straight forward, easy to follow Step combinations providing a great low impact aerobic workout!

BARRE –this low-impact ballet inspired workout will lengthen, strengthen and stretch all those hard-to-reach muscles. (no ballet experience needed). **Must be able to get up and down off the floor with ease.**

CARDIO LIGHT –A fun, easy-to-follow low impact cardio class.

SIMPLY STRENGTH- Strength training with medium to heavy weights. This class will help improve balance, strength, core and more. All major muscles used to push your strength gains to new levels

TAI CHI (Intermediate)- Apply the principles and fundamental movements of Tai Chi to the series of movements called the Tai Chi 'Form'. Prior participation in Beginner Tai Chi recommended.

INTERMEDIATE TO ADVANCED

CARDIO DANCE/DANCE PARTY– This class incorporates footwork and body movements from a wide