Fitness News

MMC Wellness Center Hours of Operation: Mon.-Fri. 7 a.m. - 3 p.m.; Pool: Mon.& Fri. 6 a.m. - 5 p.m.; Wed. 6 a.m. - 4 p.m.; Tues. & Thurs. 6 a.m. - 6 p.m. Sat. 8 a.m. - noon

Silver Sneakers & Silver and Fit Programs

MMC is proud to be a participating center for Silver Sneakers, Silver and Fit, and United Health Care-Renew Active programs. If your health plan offers this benefit, you can use our fitness center and pool for FREE. Your insurance plan pays us directly on your behalf for each time you use our facility. ***Note you must register with the fitness center staff to use your insurance benefit. It is not automatic.***

HEALTHWAYS SilverSneakers® FITNESS

Silver&Fit®

How Do I Take an Instructor-Led Aqua Aerobic Class in the MMC Pool

1. Register in the MMC Fitness Center
2. Become a member of the MMC.
3. After registering in the MMC Fitness Center, purchase a (Blue) Aqua-Aerobic Punch Card ($60) from the MMC Member Services Desk

Aquacise with Ray

Tuesday and Thursday from 2 to 3 p.m. Warm water exercise program for gentle whole-body movement. This class is great for individuals with arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Aqua Mobility with Mindy

Monday and Wednesday from noon to 1 p.m. Warm water exercise program for gentle whole-body movement. This class is great for individuals with arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Aqua Aerobics with Betsy

Tuesdays and Fridays from 9:30 - 10:30 a.m. and Thursdays, 11:15 a.m.-12:15 p.m. Warm water exercise program for gentle whole-body movement. This class is great for individuals with arthritis, fibromyalgia, diabetes, high blood pressure and pre/post-surgery.

Fitness classes are offered with a minimum of 10 fully paying participants, two staff member enrollments are equal to one full paying participant. Classes registration is monthly (4 weeks, unless otherwise noted) and the registration cut-off will be 6 days prior to the first class, when no other registrations will be accepted.

Tai Chi with Ran

Day: Wednesday
Time: 1:30 – 2:30 p.m.
Cost: $20 MMC Member
$10 MMC Staff
Class runs from August 6 - 27
Room: Palmer
Instructor: Ran Griem, RN Shiatsu Practitioner. A minimum of 10 paid participants is required. Registration for September runs until August 29.

Tai Chi with Donna

Day: Wednesday
Time: 2:30 – 3:30 p.m.
Cost: $20 MMC Member
$10 MMC Staff
Class runs August 6 - 27
Room: Palmer
Instructor: Donna DeSimone
Class led by Donna, a Black Sash certified instructor. A minimum of 10 paid participants is required. Registration for September runs until August 29.

Body Sculpting with Donna

Day: Wednesday
Time: 4 – 5 p.m.
Cost: $20 MMC Member
$10 MMC Staff
Class runs August 6 - 27
Room: Palmer
Instructor: Donna DeSimone
This class is designed to help participants to get lean, build strength and tone muscles with motivating music. Bring a 5lb dumbbell (lighter dumbbells are provided), mat, towel and water. Donna is an ACE Certified Personal Trainer and Group Fitness Instructor with over 24 yrs of experience. A minimum of 10 paid participants is required. Registration for September runs until August 29.

Yoga with Donna

Paused until October

Beginner Tai Chi with Donna

Paused until October

Adult Swim Lessons

Four (45-minute) private swimming lessons for $120. Contact Al Wyllie 302-734-1200 ext. 188 or allen.wyllie@modern-maturity.org for more information.

Pool Birthday Parties and Pool Baptisms

Contact Al Wyllie 302-734-1200 ext. 188 for more information.

Aqua Aerobic Class Schedule in MMC Pool

Day	Time	Class
Monday	12:00 - 1:00pm	Aqua Mobility with Mindy
Tuesday	9:30 - 10:30am	Aqua Aerobics with Betsy
Tuesday	2:00 - 3:00pm	Aquacise with Ray
Wednesday	12:00 - 1:00pm	Aqua Mobility with Mindy
Thursday	11:15am - 12:15pm	Aqua Aerobics with Betsy
Thursday	2:00 - 3:00pm	Aquacise with Ray
Friday	9:30 - 10:30am	Aqua Aerobics with Betsy
Friday	2:00 - 4:00pm	Water Volleyball

NOTE: You MUST register with the Fitness Center staff to use your insurance benefit. It is not automatic. Thank you!