



**Please check the monthly board! Class type, times & instructors are subject to change.**

**Revised October 27, 2023**

MON	TUES	WED	THUR	FRI	SAT
<p>• <b>8:10AM •</b> <b>YOGA</b> W/ANGIE</p> <p>• <b>9:15AM •</b> <b>SILVER SNEAKERS CARDIO CIRCUIT</b> W/ANGIE</p> <p>• <b>10:15AM •</b> <b>SILVER SNEAKERS CARDIO CIRCUIT</b> W/ANGIE</p> <p>• <b>11:15AM •</b> <b>SILVER SNEAKERS CLASSIC</b> W/ANGIE</p> <p>• <b>12:30PM •</b> <b>LINE DANCING</b> W/SHIRLEY</p> <p>• <b>6:00PM •</b> <b>CARDIO SCULPT</b> W/MEGAN</p> <p>• <b>7:00PM •</b> <b>YOGA</b> W/SUSAN</p>	<p>• <b>8:10AM •</b> <b>BARRE</b> W/BETTY</p> <p>• <b>9:00AM •</b> <b>ZUMBA®</b> W/BETTY</p> <p>• <b>10:15AM •</b> <b>BRAINS &amp; BALANCE</b> W/NANCY</p> <p>• <b>11:15AM •</b> <b>SILVER SNEAKERS YOGA</b> W/NANCY</p> <p>• <b>12:30PM •</b> <b>LINE DANCING</b> W/SHIRLEY</p> <p>• <b>6:00PM •</b> <b>TOTAL BODY &amp; AB WORK</b> W/GINA</p> 	<p>• <b>8:10AM •</b> <b>YOGA</b> W/GINA</p> <p>• <b>9:15AM •</b> <b>SILVER SNEAKERS BOOM MUSCLE</b> W/NANCY</p> <p>• <b>10:15AM •</b> <b>SILVER SNEAKERS CARDIO CIRCUIT</b> W/NANCY</p> <p>• <b>11:15AM •</b> <b>SILVER SNEAKERS CLASSIC</b> W/NANCY</p> <p>• <b>6:00PM •</b> <b>YOGA</b> W/SUSAN</p> 	<p>• <b>8:10AM •</b> <b>CIRCUIT TRAINING</b> W/BETTY</p> <p>• <b>9:00AM •</b> <b>ZUMBA®</b> W/BETTY</p> <p>• <b>10:15AM •</b> <b>BOOM MUSCLE</b> W/MICK</p> <p>• <b>11:15AM •</b> <b>SILVER SNEAKERS YOGA</b> W/MICK</p> <p>• <b>6:00PM •</b> <b>TOTAL BODY &amp; AB WORK</b> W/GINA</p> 	<p>• <b>8:10AM •</b> <b>CARDIO SCULPT</b> W/BETTY</p> <p>• <b>9:15AM •</b> <b>SILVER SNEAKERS CARDIO CIRCUIT</b> W/MICK</p> <p>• <b>10:15AM •</b> <b>SILVER SNEAKERS CARDIO CIRCUIT</b> W/MICK</p> <p>• <b>11:15AM •</b> <b>SILVER SNEAKERS CLASSIC</b> W/MICK</p> <p>• <b>12:30PM •</b> <b>ZUMBA GOLD®</b> W/SUSY</p>	<p>• <b>9:00AM •</b> <b>ZUMBA®</b> W/BETTY</p>  <p>• <b>10:15AM •</b> <b>CARDIO SCULPT</b></p>
				<p><b>NON MEMBER CLASS PRICING</b></p> <p>• <b>1 CLASS - \$5</b></p> <p>• <b>5 CLASSES - \$25 GET 1 FREE!</b></p> <p>• <b>10 CLASSES - \$50 GET 2 FREE!</b></p>	

- **BARRE:** Sculpt, tone & slim your entire body with this mix of Pilates, dance, yoga, and functional training moves, that focus on your core using the ballet barre.
- **CIRCUIT TRAINING:** Circuit Training is a class for all fitness levels and abilities. Resistance, cardio-metabolic, and core training engages all muscle groups, leaving you feeling energized!
- **LINE DANCING:** This class is for all those who enjoy dancing or have always wanted to learn some of the most popular line dances. The class is designed for both men & women, but you do not need to have a partner. Good exercise and lots of fun!
- **CARDIO SCULPT:** This great heart-pumping, fat burning, cardio workout is designed to reshape and tone your muscles. These total body conditioning, hardcore cardiovascular workouts are followed by a complete resistance training program.
- **TOTAL BODY & ABS:** A cardio core workout that burns fat, tones abdominal muscles, maintains a strong core, and improves posture. Bring your mat!
- **YOGA:** Yoga involves postures or “asanas” that energize and tone the body. Yoga trains the mind to focus and be fully present through concentration and deep relaxation. This class is appropriate for all levels and offers a safe and contemporary approach to this classical discipline.
- **POWER YOGA:** Emphasizes transitioning from one posture to the next in a rigorous flow. This elevated, dynamic yoga emphasizes strength & endurance. It is an excellent cardio & strength-training workout with attention & focus on breathing.
- **ZUMBA®:** Zumba is Columbian slang meaning “to move fast to music”. Motivating music makes this exercise class fun and easy to do! Zumba is an intense workout based around Latin dance steps, including Meringue, Salsa, Hip-Hop, Mambo & more.

**CLASSES DESIGNED for SENIOR FITNESS CLUB MEMBERS**

- **SILVER SNEAKERS CLASSIC:** Designed to increase muscle strength, range of movement, and improve activities for daily living. A chair is used for seated exercises and standing support and class can be modified depending on fitness levels.
- **SILVER SNEAKERS CARDIO CIRCUIT:** The Silver Sneakers Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a Silver Sneakers ball. A chair is available for standing support.
- **SILVER SNEAKERS YOGA:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.
- **BOOM MUSCLE:** Muscle incorporates athletic-based exercises that improve upper body conditioning. You’ll move through several “blocks,” which are groups of exercises that focus on different muscle groups. The focus of this class is on toning muscles and building overall strength.
- **BRAINS & BALANCE:** Is designed to help you become stronger while improving your balance to help prevent falls. Specific exercises are taught in class to improve muscle strength, power around the ankle, knee, and hip joints, while improving your reaction time. Every fitness level can adapt to the skills of this class.
- **ZUMBA GOLD®:** Motivating music makes this exercise class fun and easy to do! Zumba is based around Latin dance steps, including Meringue, Salsa, Hip-Hop, Mambo & more.  
\*Note Zumba Gold® is designed for Senior Members.