



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

Revised March 1, 2024

MON	TUES	WED	THUR	FRI	SAT
•8:10AM• YOGA W/ANGIE •9:15AM• SENIOR CARDIO CIRCUIT W/MARCIA •10:15AM• SENIOR CARDIO CIRCUIT W/MARCIA •11:15AM• SENIOR CLASSIC W/MARCIA •12:30PM• LINE DANCING W/SHIRLEY •6:00PM• CARDIO SCULPT W/MEGAN •7:00PM• PILATES W/CAITLYN	•8:10AM• BARRE W/BETTY •9:00AM• ZUMBA® W/BETTY •10:15AM• BRAINS & BALANCE W/NANCY •11:15AM• SENIOR YOGA W/NANCY •12:30PM• LINE DANCING W/SHIRLEY •6:00PM ZUMBA W/JIMMIE  •7:00PM• YOGA W/SUSAN	•8:10AM• YOGA W/SUSAN •9:15AM• SENIOR BOOM MUSCLE W/NANCY •10:15AM• SENIOR CARDIO CIRCUIT W/NANCY •11:15AM• SENIOR CLASSIC W/NANCY  •6:00PM• Yoga W/SUSAN •7:00PM• CARDIO W/CAITLYN	•8:10AM• CIRCUIT TRAINING W/BETTY •9:00AM• ZUMBA® W/BETTY •10:15AM• BOOM MUSCLE W/MICK •11:15AM• SENIOR YOGA W/MICK  •6:00PM• SEE BOARD IN LOBBY •7:00PM• SEE BOARD IN LOBBY	•8:10AM• CARDIO SCULPT W/BETTY •9:15AM• SENIOR CARDIO CIRCUIT W/MICK •10:15AM• SENIOR CARDIO CIRCUIT W/MICK •11:15AM• SENIOR CLASSIC W/MICK <div style="border: 2px dashed black; padding: 10px; text-align: center;"> NON-MEMBER CLASS PRICING • 1 CLASS - \$5 • 5 CLASSES - \$25 GET 1 FREE! • 10 CLASSES - \$50 GET 2 FREE! </div>	•9:00AM• ZUMBA® W/BETTY, DABNEY, OR JIMMIE  •10:15AM• SEE BOARD IN LOBBY

- **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.
- **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

- **SENIOR 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.
- **SENIOR CARDIO CIRCUIT:** The Senior Cardio Circuit workout offers standing, low-impact choreography alternated with standing upper-body strength work with hand-held weights, elastic tubing with handles and a SENIOR ball. A chair is available for standing support.
- **SENIOR 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.