

# Central GROUP EXERCISE

## May 2025

| MONDAY                                                                                                        | TUESDAY                                                                                    | WEDNESDAY                                                         | THURSDAY                                                                               | FRIDAY                                                              | SATURDAY                                            |
|---------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------|-------------------------------------------------------------------|----------------------------------------------------------------------------------------|---------------------------------------------------------------------|-----------------------------------------------------|
| <b>*Small Group HIIT</b><br><b>Circuit \$8/class</b><br><br><i>Training Studio</i><br>8:00 AM<br><b>Katie</b> |                                                                                            |                                                                   | <b>TRX</b><br>7:00 AM<br><b>Beth</b>                                                   |                                                                     |                                                     |
| <b>SilverSneakers</b><br><b>Classic</b><br>8:00 AM<br><b>Brenda</b>                                           | <b>SilverSneakers</b><br><b>Balance &amp; Stability</b><br>8:00 AM<br><b>Gail</b>          | <b>SilverSneakers</b><br><b>Yoga</b><br>8:00 AM<br><b>Sally</b>   |                                                                                        | <b>SilverSneakers</b><br><b>Classic</b><br>8:00 AM<br><b>Brenda</b> | <b>Turbokick/Piyo</b><br><br>8:30AM<br><b>Janie</b> |
| <b>Cycle</b><br><br>9:00 AM<br><b>Lisa P.</b>                                                                 | <b>Strength &amp; Conditioning</b><br>9:00 AM<br><b>Katie</b>                              | <b>TRX Combo</b><br><br>9:00 AM<br><b>Deanna</b>                  | <b>Strength &amp; Mobility</b><br><br>9:00 AM<br><b>Katie</b>                          | <b>Cycle</b><br><br>9:00 AM<br><b>Deanna</b>                        |                                                     |
| <b>*Small Group HIIT</b><br><b>Circuit \$8/class</b><br><br><i>Training Studio</i><br>9:30 AM<br><b>Katie</b> |                                                                                            | <b>Zumba (MPR)</b><br><br>9:00 AM<br><b>Nicole</b>                |                                                                                        | <b>Zumba (MPR)</b><br><br>9:00 AM<br><b>Chrissy</b>                 |                                                     |
| <b>Strength &amp; Conditioning (MPR)</b><br><br>9:00 AM<br><b>Lisa B.</b>                                     | <b>Basic TRX</b><br><br>10:15 AM<br><b>Gail</b>                                            | <b>Yoga</b><br><br>10:00 AM<br><b>Deanna</b>                      | <b>SilverSneakers</b><br><b>Balance &amp; Stability</b><br><br>10:15 AM<br><b>Gail</b> | <b>Pilates</b><br><br>10:00 AM<br><b>Joy</b>                        |                                                     |
| <b>Tai Chi</b><br>10:00 AM<br><b>Jenny</b>                                                                    |                                                                                            |                                                                   |                                                                                        |                                                                     |                                                     |
| <b>SilverSneakers</b><br><b>Classic</b><br>11:15 AM<br><b>Jenny</b>                                           | <b>SilverSneakers Intro</b><br><b>to Balance &amp; Stability</b><br>11:15 AM<br><b>Jan</b> | <b>SilverSneakers Yoga</b><br><br>11:15 AM<br><b>Carol</b>        | <b>SilverSneakers</b><br><b>Yoga</b><br>11:15 AM<br><b>Carol</b>                       | <b>SilverSneakers</b><br><b>Classic</b><br>11:15 AM<br><b>Sally</b> |                                                     |
| <b>SilverSneakers</b><br><b>Circuit</b><br>12:15 PM<br><b>Jan</b>                                             |                                                                                            | <b>SilverSneakers</b><br><b>Circuit</b><br>12:15 PM<br><b>Jan</b> | <b>Restorative Yoga</b><br><br>4:15 PM<br><b>Lynn</b>                                  | <b>SilverSneakers</b><br><b>Circuit</b><br>12:15 PM<br><b>Sally</b> |                                                     |
| <b>Zumba</b><br>5:15 PM<br><b>Maria</b>                                                                       | <b>Chair Yoga</b><br>4:30 PM<br><b>Suzanne</b>                                             |                                                                   | <b>Dance Fitness</b><br>5:15 PM<br><b>Janie</b>                                        |                                                                     |                                                     |
| <b>Pilates</b><br><br>6:15 PM<br><b>Suzanne</b>                                                               | <b>Zumba</b><br><br>5:30 PM<br><b>Janie</b>                                                | <b>Yoga</b><br><br>5:30 PM<br><b>Suzanne</b>                      | <b>Self-Defense (MPR)</b><br>5:30 AM<br><b>Tony</b>                                    | <b>Strength &amp; Conditioning</b><br>5:30 PM<br><b>TR</b>          |                                                     |
|                                                                                                               | <b>Strength &amp; Conditioning</b><br>6:30 PM<br><b>TR</b>                                 |                                                                   | <b>Strength Training</b><br><br>6:15 PM<br><b>Barbara</b>                              |                                                                     |                                                     |