

# Group Exercise

## 5/1/2025 through 5/31/2025

| <p><b><u>In Person Classes</u></b><br/>Schedule runs May 1st to May 31<sup>st</sup> and is subject to change.</p> <p><b><u>Registration for all classes start- April 20th</u></b></p> <p>Registration required for all classes. The cost is \$3.00 per class except Silver Sneaker Classes or otherwise indicated. Class size limited.</p> <p><b>ORANGE indicates New Time/ New Class</b></p> <p>Classes are in the Program Studio unless otherwise noted:<br/>(GM) = Gym<br/>(WC) = Wellness Center<br/>(SR) = Springer Room<br/>(CR) = Cycling Room<br/>(RC) = Racquetball Court<br/>(PAV) = Pavilion</p> <p><b><u>Get Fit Hiking is at a different location each week.</u></b></p> <p><b><u>MUST bring your own mat for Yoga and Pilates.</u></b></p> | Sunday                            | Monday  | Tuesday  | Wednesday  | Thursday   | Friday  | Saturday  |
|--|-----------------------------------|---|--|--|--|---|---|
|  |                                   | 7:00-8:00am<br>Sprint/Strength (WC)<br>Tyler                | 5:15 -6:00am<br>Tabata/ Strength<br>Christine                  | 7:00am- 8:00am<br>Sprint/ Strength (WC)<br>Tyler     |  | 7:00-8:00am<br>Sprint/ Strength (WC)<br>Tyler         |   |
|  | 10:15-11:15AM<br>Yoga<br>Amy      | 8:00-8:45AM<br>Strength & Conditioning<br>Lyndsay           | 9:30-10:30am<br>Get Fit Hiking (Different Locations each week) | 8:00-8:45AM<br>Total Body Circuit (GM)<br>Lyndsay    | 9:00-9:45am<br>Cycling (CR)<br>Don                   | 8:00-8:45am<br>TRX<br>Lyndsay                         | Beginner Pickleball (May 10- June 28)<br>8:30-9:30am (GM)<br>Annick |
|  | 11:30-12:15pm<br>Kids Yoga<br>Amy | 9:00-9:45am<br>Functional Fitness Circuit<br>Lyndsay        | 10:30-11:30am<br>Science of Stretching<br>Holly                | 9:00-9:45am<br>Cardio Mix 40<br>Claudia              |  | 9:00-9:45am<br>Cardio Fit<br>Janie                    | 8:30- 9:30am<br>Self Defense<br>Tony                                |
|  |                                   | 8:30-9:15AM<br>Silver Sneakers Classic (GM)<br>Sue/Kathleen |  |  | 8:30-9:15AM<br>Silver Sneakers Yoga (GM)<br>Sharon   | 8:30-9:15AM Silver Sneakers Classic (GM)<br>Sue       |   |
|  |                                   | 9:30-10:15AM<br>Silver Sneakers Classic (GM)<br>Sue         |  | 9:30-10:15AM<br>Silver Sneakers Classic (GM)<br>Lisa | 9:30-10:15AM<br>Silver Sneakers Circuit (GM)<br>Lisa | 9:30-10:15AM<br>Silver Sneakers Classic (GM)<br>Jenny |   |
|  |                                   | 6:00-6:45 PM<br>Strength & Conditioning<br>Dianna           | 7:00 to 8:00pm<br>Self Defense<br>Tony                         |  | 6:00-6:45pm<br>TRX<br>Dianna                         | 6:30-7:15pm<br>Zumba Gold Toning<br>Annette           |   |