

Central GROUP EXERCISE

July 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
*Small Group HIIT Circuit \$8/class <i>Training Studio</i> 8:00 AM Katie			TRX 7:00 AM Beth		
SilverSneakers Classic 8:00 AM Brenda	SilverSneakers Balance & Stability 8:00 AM Gail	SilverSneakers Yoga 8:00 AM Sally		SilverSneakers Classic 8:00 AM Brenda	
Cycle 9:00 AM Lisa P.	Strength & Conditioning 9:00 AM Katie	Cycle (NEW) 9:00 AM Deanna	Strength & Mobility 9:00 AM Katie	Cycle 9:00 AM Deanna	
*Small Group HIIT Circuit \$8/class <i>Training Studio</i> 9:30 AM Katie		Zumba (MPR) 9:00 AM Chrissy		Zumba (MPR) 9:00 AM Chrissy	
Outdoor HIIT 9:00 AM Lisa B.	Basic TRX 10:15 AM Gail	Yoga 10:00 AM Deanna	SilverSneakers Balance & Stability 10:15 AM Gail	Pilates 10:00 AM Joy	
Tai Chi 10:00 AM Jenny					
SilverSneakers Classic 11:15 AM Jenny	SilverSneakers Intro to Balance & Stability 11:15 AM Jan	SilverSneakers Yoga 11:15 AM Carol	SilverSneakers Yoga 11:15 AM Carol	SilverSneakers Classic 11:15 AM Sally	
SilverSneakers Circuit 12:15 PM Jan		SilverSneakers Circuit 12:15 PM Jan	Chair Yoga (NEW) 4:15 PM Machille	SilverSneakers Circuit 12:15 PM Sally	
Zumba (MPR) 5:15 PM Maria (FREE)	Chair Yoga 4:30 PM Suzanne		Dance Fitness 5:15 PM Brandee		
Pilates 6:15 PM Suzanne	Rock It Out (MPR) 5:30 PM Janie (FREE)	Yoga 5:30 PM Suzanne	Self-Defense (MPR) 5:30 PM Tony		
	Strength & Conditioning 6:30 PM TR	Stretching Class 6:20 PM Suzanne (FREE)	Strength Training 6:15 PM Lynn		