

Group Exercise

10/1/2025 through 10/31/2025

<u>In Person Classes</u> Schedule runs Oct 1st to Oct 31st and is subject to change. <u>Registration for all classes start- Sept 20th</u> Registration required for all classes. The cost is \$3.00 per class except Silver Sneaker Classes or otherwise indicated. Class size limited. BLUE indicates New Time/ New Class Classes are in the Program Studio unless otherwise noted: (GYM) = Gym (WC) = Wellness Center (SR) = Springer Room (CR) = Cycling Room (RC) = Racquetball Court (PAV) = Pavilion <u>Get Fit Hiking</u> is at a different location each week. <u>\$3.00 Members/</u> <u>\$10 Nonmembers</u> <u>MUST bring your own mat for Yoga and Pilates.</u>	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Tabata/ Strength 5:15-6:00am Christine				
	10:15- 11:15am Yoga Amy	8:00- 8:45AM Strength & Conditioning Lyndsay	9:00-10:00am Yoga Larry	8:00-8:45AM Total Body Circuit (GYM) Lyndsay 9:00-9:45am Cycling (CR) Teresa 10:30- 11:15am Zumba Gold Janie	10:00- 11:00am Yoga Larry	8:30-9:15am TRX Janie 9:30-10:15am Rock It Out, Dance Janie 11:00- 11:45am Tai -Chi (PAV) Jenny	8:30- 9:30am Self Defense Tony 9:30- 10:15am Cycling (CR) Sonja
		8:30- 9:15AM Silver Sneakers Classic (GYM) Kathleen 9:30- 10:15AM Silver Sneakers Classic (GYM) Sue		9:30- 10:15AM Silver Sneakers Classic (GYM) Lisa	8:30- 9:15AM Silver Sneakers Yoga (GYM) Sharon 9:30- 10:15AM Silver Sneakers Circuit (GYM) Lisa	8:30-9:15AM Silver Sneakers Classic (GYM) Sue 9:30-10:15AM Silver Sneakers Classic (GYM) Jenny	
		6:00-6:50pm Turbokick /Piyo Janie			6:00- 6:45pm Gentle Pilates /Stretch Angel	5:45- 6:30pm Circl Mobility Annette	