

Central GROUP EXERCISE

November 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
*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	TRX 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> 9:30AM Katie		Zumba (MPR) 9:00 AM Nicole		Zumba (MPR) 9:00 AM Chrissy
*Tai Chi Progressive Class \$20 4-weeks 10-11AM Jenny	Basic TRX 10:15 AM Gail	Yoga 10:00 AM Deanna	SilverSneakers Balance & Stability 10:15 AM Gail	Pilates 10:00 AM Joy
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		SilverSneakers Circuit 12:15 PM Sally
	*TEEN Intro to Barbell Training \$35/4-weeks T/Th (Training Studio) 4:30-5:30PM Corey		*TEEN Intro to Barbell Training \$35/4-weeks T/Th (Training Studio) 4:30-5:30PM Corey	
	Chair Yoga 4:30 PM Suzanne			
Zumba 5:15 PM Maria	Rock It Out 5:30 PM Janie	Yoga 5:30 PM Suzanne	Dance Fitness 5:15 PM Brandee	
Pilates 6:15 PM Suzanne	Strength & Conditioning 6:30 PM TR	Stretching Class 6:20 PM Suzanne (FREE)	Strength & Conditioning 6:15 PM Tracey	