

Group Exercise

4/1/2026 through 4/30/2026

In Person Classes
 Schedule runs
 April 1st to April 30th
 and is subject to change.

Registration for all classes start- Mar 20th

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

MUST bring your own mat for Yoga and Pilates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tabata/ Strength 5:15-6:00am Christine				
10:15- 11:15am Yoga Larry	8:00- 8:45AM Strength & Conditioning Lyndsay 9:45am to 10:45am Get Fit Hiking Lisa/Teresa	8:45-9:30am Cycling (CR) Teresa 9:30-10:30am Yoga Larry	8:00-8:45AM Total Body Circuit (GYM) Lyndsay 10:30- 11:15am Zumba Gold Janie	10:00- 11:00am Yoga Larry	8:00-8:45am TRX Lyndsay 9:30-10:15am Dance Fitness Janie 10:45- 11:30am Tai -Chi (PAV) Jenny	8:30- 9:30am Beginner Pickleball (GYM) Annick 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 PiYo Janie			6:00- 6:45pm Gentle Pilates /Stretch Angel		