

# Group Exercise

## 5/1/2026 through 5/31/2026

**In Person Classes**  
 Schedule runs  
 May 1st to May 31<sup>st</sup>  
 and is subject to change.

**Registration for all classes start- April 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  |
|---------------------------------------|--|--|--|--|--|---|
|                                       |  | <b>Tabata/<br/>Strength</b><br>5:15-6:00am<br>Christine                                  |  |  |  |   |
| 10:15-11:15am<br><b>Yoga</b><br>Larry | 8:00-8:45AM<br><b>Strength &amp; Conditioning</b><br>Lyndsay<br><br>9:45am to 10:45am<br><b>Get Fit Hiking</b><br>Lisa/Teresa      | 8:45-9:30am<br><b>Cycling (CR)</b><br>Teresa<br><br>9:30-10:30am<br><b>Yoga</b><br>Larry | 8:00-8:45AM<br><b>Total Body Circuit (GYM)</b><br>Lyndsay<br><br>10:30-11:15am<br><b>Zumba Gold</b><br>Janie | 10:00-11:00am<br><b>Yoga</b><br>Larry  | 8:00-8:45am<br><b>TRX</b><br>Lyndsay<br><br>9:30-10:15am<br><b>Dance Fitness</b><br>Janie<br><br>10:45-11:30am<br><b>Tai -Chi (PAV)</b><br>Jenny | 8:30-9:30am<br><b>Beginner Pickleball (GYM)</b><br>Annick<br><br>9:30-10:15am<br><b>Cycling (CR)</b><br>Sonja |
|                                       | 8:30-9:15AM<br><b>Silver Sneakers Classic (GYM)</b><br>Kathleen<br><br>9:30-10:15AM<br><b>Silver Sneakers Classic (GYM)</b><br>Sue |  | 9:30-10:15AM<br><b>Silver Sneakers Classic (GYM)</b><br>Lisa   | 8:30-9:15AM<br><b>Silver Sneakers Yoga (GYM)</b><br>Sharon<br><br>9:30-10:15AM<br><b>Silver Sneakers Circuit (GYM)</b><br>Lisa | 8:30-9:15AM<br><b>Silver Sneakers Classic (GYM)</b><br>Sue<br><br>9:30-10:15AM<br><b>Silver Sneakers Classic (GYM)</b><br>Jenny                  |   |
|                                       | 6:00-6:50pm<br><b>PiYo</b><br>Janie  |  |  | 6:00-6:45pm<br><b>Gentle Pilates /Stretch</b><br>Angel   |  |   |