

Group Exercise

6/1/2026 through 6/30/2026

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><u>In Person Classes</u> Schedule runs June 1st to June 30th and is subject to change.</p> <p><u>Registration for all classes start- May 20th</u></p> <p>Registration required for all classes. The cost is \$3.00 per class except Silver Sneaker Classes or otherwise indicated. Class size limited.</p> <p>BLUE indicates New Time/ New Class</p> <p>Classes are in the Program Studio unless otherwise noted: (GYM) = Gym (WC) = Wellness Center (SR) = Springer Room (CR) = Cycling Room (PAV) = Pavilion (Outside) = Multi Sports Ct.</p> <p><u>MUST bring your own mat for Yoga, PiYo and Pilates.</u></p>			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) Sue 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 Janie 9:30-10:15am Dance Fitness Janie 10:45-11:30am Tai -Chi (PAV) Jenny	9:00-9:45am 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 TRX/PiYo Janie			6:00-6:45pm Gentle Pilates /Stretch (PAV) Angel 6 to 7:00 pm Get Fit Hiking Teresa		