# Group Exercise
# 9/1/2026 through 9/30/2026

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

**Registration for all classes start- AUGUST 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**
**(PAV) = Pavilion**
**(Outside) = Multi Sports Ct.**

**RED indicates FREE Promo Classes**

**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 | 8:45-9:30am Cycling (CR) Sue<br>9:30-10:30am Yoga Larry | 8:00-8:45AM Total Body Circuit (GYM) Lyndsay<br>9:15 – 10:00am Strength Training Lyndsay<br>10:30-11:15am Zumba Gold Janie | 10:00-11:00am Yoga Larry | 8:00-8:45am TRX Lyndsay<br>9:30-10:15am Dance Fitness Janie<br>10:45-11:30am Tai -Chi (PAV) Jenny | Beginner Pickleball 8:30-9:30am Starting Sept 12 (GYM) Annick<br>9:30-10:15am Cycling (CR) Sonja |
| | 8:30-9:15AM Silver Sneakers Classic (GYM) Kathleen<br>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<br>9:30-10:15AM Silver Sneakers Circuit (GYM) Lisa | 8:30-9:15AM Silver Sneakers Classic (GYM) Irena<br>9:30-10:15AM Silver Sneakers Classic (GYM) Jenny | |
| | 6:00-6:50pm Tabata/ Strength Janie | | 6:00 -6:45pm Line Dancing Andrew | 6:00-6:45pm Gentle Pilates /Stretch (PAV) Angel | | |