

Group Exercise

11/1/2026 through 11/30/2026

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<u>In Person Classes</u> Schedule runs November 1st to November 30th and is subject to change. <u>Registration for all classes start- November 20th</u> 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. <u>RED indicates FREE Promo Classes</u> <u>MUST bring your own mat for Yoga and Pilates.</u>	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 9:30- 10:30am Yoga Larry	8:00-8:45AM Total Body Circuit (GYM) Lyndsay 9:15 – 10:00am Strength Training 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	Beginner Pickleball 8:30- 9:30am Starting Nov7 (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) Irena 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		