

# Group Exercise

## 10/1/2026 through 10/31/2026

| <p><b><u>In Person Classes</u></b><br/>           Schedule runs<br/>           October 1st to<br/>           October 31<sup>st</sup><br/>           and is subject to change.</p> <p><b><u>Registration for all<br/>           classes start-<br/>           SEPTEMBER 20th</u></b></p> <p>Registration required for all<br/>           classes. The cost is \$3.00 per class<br/>           except Silver Sneaker Classes or<br/>           otherwise indicated.<br/>           Class size limited.</p> <p><b>BLUE<br/>           indicates<br/>           New Time/<br/>           New Class</b></p> <p>Classes are in the Program<br/>           Studio unless otherwise noted:<br/> <b>(GYM)</b> = Gym<br/> <b>(WC)</b> = Wellness Center<br/> <b>(SR)</b> = Springer Room<br/> <b>(CR)</b> = Cycling Room<br/> <b>(PAV)</b> = Pavilion<br/> <b>(Outside)</b> = Multi Sports Ct.</p> <p><b><u>RED indicates FREE<br/>           Promo Classes</u></b></p> <p><b><u>MUST bring your<br/>           own mat for<br/>           Yoga and Pilates.</u></b></p> | Sunday                                    | Monday                                                                                                                                                                   | Tuesday                                                                                                 | Wednesday                                                                                                                                                                                            | Thursday                                                                                                                                                             | Friday                                                                                                                                                          | Saturday                                                                                                                                                         |
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|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                           |                                                                                                                                                                          | <b>Tabata/<br/>           Strength<br/>           5:15-6:00am<br/>           Christine</b>              |                                                                                                                                                                                                      |                                                                                                                                                                      |                                                                                                                                                                 |                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                | 10:15-<br>11:15am<br><b>Yoga</b><br>Larry | <b>8:00-<br/>8:45AM<br/>Strength &amp;<br/>Conditioning<br/>Lyndsay</b>                                                                                                  | <b>8:45-<br/>9:30am<br/>Cycling<br/>(CR)<br/>Sue</b><br><br><b>9:30-<br/>10:30am<br/>Yoga<br/>Larry</b> | <b>8:00-8:45AM<br/>Total Body<br/>Circuit<br/>(GYM)<br/>Lyndsay</b><br><br><b>9:15 –<br/>10:00am<br/>Strength<br/>Training<br/>Lyndsay</b><br><br><b>10:30-<br/>11:15am<br/>Zumba Gold<br/>Janie</b> | <b>10:00-<br/>11:00am<br/>Yoga<br/>Larry</b>                                                                                                                         | <b>8:00-8:45am<br/>TRX<br/>Lyndsay</b><br><br><b>9:30-10:15am<br/>Dance Fitness<br/>Janie</b><br><br><b>10:45-<br/>11:30am<br/>Tai -Chi<br/>(PAV)<br/>Jenny</b> | <b>Beginner<br/>Pickleball<br/>8:30-<br/>9:30am<br/>Starting<br/>Sept 12<br/>(GYM)<br/>Annick</b><br><br><b>9:30-<br/>10:15am<br/>Cycling<br/>(CR)<br/>Sonja</b> |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                           | <b>8:30-<br/>9:15AM<br/>Silver<br/>Sneakers<br/>Classic<br/>(GYM)<br/>Kathleen</b><br><br><b>9:30-<br/>10:15AM<br/>Silver<br/>Sneakers<br/>Classic<br/>(GYM)<br/>Sue</b> |                                                                                                         | <b>9:30-<br/>10:15AM<br/>Silver<br/>Sneakers<br/>Classic<br/>(GYM)<br/>Lisa</b>                                                                                                                      | <b>8:30-<br/>9:15AM<br/>Silver<br/>Sneakers<br/>Yoga<br/>(GYM)<br/>Sharon</b><br><br><b>9:30-<br/>10:15AM<br/>Silver<br/>Sneakers<br/>Circuit<br/>(GYM)<br/>Lisa</b> | <b>8:30-9:15AM<br/>Silver Sneakers<br/>Classic<br/>(GYM)<br/>Irena</b><br><br><b>9:30-10:15AM<br/>Silver Sneakers<br/>Classic<br/>(GYM)<br/>Jenny</b>           |                                                                                                                                                                  |
|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |                                           | <b>6:00-<br/>6:50pm<br/>Tabata/<br/>Strength<br/>Janie</b>                                                                                                               |                                                                                                         | <b>6:00 -6:45pm<br/>Line Dancing<br/>Andrew</b>                                                                                                                                                      | <b>6:00-<br/>6:45pm<br/>Gentle<br/>Pilates<br/>/Stretch<br/>(PAV)<br/>Angel</b>                                                                                      |                                                                                                                                                                 |                                                                                                                                                                  |