FREE Group Exercise
11/1/2026 through 11/30/2026

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

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.

No Registration Required

Welcome walk-ins

First Come, First Serve

RED indicates FREE

MUST bring your own mat for Yoga and Pilates.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Tabata/ Strength 5:15-6:00am Christine				
	8:00-8:45AM Strength & Conditioning Lyndsay		9:15 – 10:00am Strength Training Lyndsay 10:30-11:15am Zumba Gold Janie		9:30-10:15am Dance Fitness Janie	
	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		