



March 2023

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26	27	28	1 9:30am SS (Video) 5:15pm Yoga 6:30pm Total Body	2 10:15am SS (Video) 11:15am Chair Zumba 5:15pm Low Impact 6:30pm Retro Robics	3 8:00am SS Circuit 5:15pm Happy Hour	4
5	6 8:00am SS Circuit 11:15am Chair Zumba 5:15pm Kickin' Combo 6:30pm Total Body	7 9:00am Group Cycle 10:15am SS (Video) 5:15pm Retro Robics 6:30pm Group Cycle	8 9:30am SS (Video) 5:15pm Yoga 6:30pm Total Body	9 9:00am Group Cycle 10:15am SilverSneakers 11:15am Chair Zumba 5:15pm Low Impact 6:30pm Retro Robics	10 8:00am SS Circuit 5:15pm Happy Hour	11
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For your convenience please pre-register for classes at the front desk

Amy - Silver Sneakers Circuit; Val - Group Cycle AM; Sue - SilverSneakers; Nancy - Retro-Robics; Vickie- Chair Zumba
Maria - Total Body, Group Cycle PM; Michele - Kickin' Combo, Low Impact, Happy Hour; Lauren- Yoga

Chair Zumba- A seated full body workout to liberating and fun music. Experience Zumba like you never experienced it before.

Group Cycle- Group Cycling is a high energy indoor cycling class set to music using a stationary bike with a weighted fixed-gear flywheel. Riders of all abilities can spin together and tailor their training session by individually controlling their cadence and/or adjusting the bike's resistance.

Happy Hour- Start your weekend with a Friday Happy Hour workout! Get rid of your end-of-the-week stress with some aerobic training and resistance training.

Kickin' Combo- No bags, no gloves, just a "knockout" workout! A dynamic and explosive class that incorporates kickboxing techniques with an intense cardio workout.

Low Impact- Low impact doesn't have to mean low intensity! This is a fat-burning workout that keeps one foot on the ground at all times.

Retro-Robics - A "Blast from the Past" class! Traditional aerobics that will help you work up a sweat, infused with a variety of other workout styles.

SilverSneakers Circuit®- Experience low-impact choreography alternated with standing upper-body strength work. This class is suitable for nearly every fitness level, and your instructor can adapt the exercises depending on your skill. A chair is available for seated or standing support.

SilverSneakers Classic®- A variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. Hand-held weights, elastic tubing with handles and small balls are used for resistance. A chair is available for seated or standing support.

Total Body- Work all muscle groups with a variety of strengthening and conditioning exercises. This athletic based sculpting class tones upper and lower body using resistance like hand weights, body bars and your own body weight.