



Group Exercise Schedule

April 2024

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|--|---|---|---|-----------|
| | 1 8:00 am SS Circuit 11:15 am Chair Zumba 5:15 pm Kickin Combo 6:30 pm Total Body | 2 9:00 am Group Cycle 10:15 am Senior Video 5:15 pm Retro Robics 6:30 pm Group Cycle | 3 9:30 am Senior Video 6:30 pm Total Body | 4 9:00 am Group Cycle 10:15 am Senior Video 11:15 am Chair Zumba 6:30 pm Retro Robics | 5 8:00 am SS Circuit 4:00 pm Chair Yoga 4:30 Yoga | 6 |
| 7 | 8 8:00 am SS Circuit 11:15 am Chair Zumba 6:30 pm Total Body | 9 9:00 am Group Cycle 10:15 am Senior Video 5:15 pm Retro Robics 6:30 pm Group Cycle | 10 9:30 am SilverSneakers 6:30 pm Total Body | 11 9:00 am Group Cycle 10:15 am Senior Video 11:15 am Chair Zumba 6:30 pm Retro Robics | 12 8:00 am SS Circuit 4:00 pm Chair Yoga 4:30 Yoga | 13 |
| 14 | 15 8:00 am SS Circuit 11:15 am Chair Zumba 6:30 pm Total Body | 16 9:00 am Group Cycle 10:15 am Senior Video 5:15 pm Retro Robics 6:30 pm Group Cycle | 17 9:30 am SilverSneakers 6:30 pm Total Body | 18 9:00 am Group Cycle 10:15 am Senior Video 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics | 19 4:00 pm Chair Yoga 5:15 pm Happy Hour | 20 |
| 21 | 22 8:00 am SS Circuit 11:15 am Chair Zumba 5:15 pm Kickin Combo 6:30 pm Total Body | 23 9:00 am Group Cycle 10:15 am SilverSneakers 5:15 pm Retro Robics 6:30 pm Group Cycle | 24 9:30 am SilverSneakers 6:30 pm Total Body | 25 9:00 am Group Cycle 10:15 am SilverSneakers 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics | 26 4:00 pm Chair Yoga 5:15 pm Happy Hour 6:30 pm Yoga | 27 |
| 28 | 29 8:00 am SS Circuit 11:15 am Chair Zumba 5:15 pm Kickin Combo 6:30 pm Total Body | 30 9:00 am Group Cycle 10:15 am SilverSneakers 5:15 pm Retro Robics 6:30 pm Group Cycle | | | | |

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; **Abby** - Yoga, Chair Yoga;
Maria - Total Body, Group Cycle PM; **Michele** - Kickin' Combo, Low Impact, Happy Hour

CLASS DESCRIPTIONS

Yoga- Creating a balanced flow between your mind and body will create this class of relaxation. Not only will this class focus on your flexibility, but it will also improve your cardiovascular health and muscle recovery at the same time.

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.

Hatha Yoga- Hatha Yoga encompasses gentle stretching and strengthening done in a relaxed and mindful manner. Helping you develop your mind and body connection to enhance your sense of wellbeing.

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.

Walking Club- Join our instructor in Pottsville and enjoy walking at a brisk, leisurely or moderate pace. This class is for members to enjoy their community, build friendships, and increase aerobic activity by walking together.

Chair Yoga- This yoga flow takes relaxation to the next level by completing the whole class seated. Stretching with aided balance provides a peaceful, rejuvenating experience for all skill-levels.



