



# Group Exercise Schedule

## June 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

**\*For your convenience please pre-register for classes at the front desk\***

**Sue** - SilverSneakers Classic, SilverSneakers Circuit; **Nancy** - Retro-Robics; **Val** - Group Cycle AM;  
**Maria** - Total Body, Group Cycle PM; **Michele** - Kickin' Combo, Low Impact, Happy Hour; **Vickie**: Chair Zumba

## CLASS DESCRIPTIONS

**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.