



# Group Exercise Schedule

## January 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 11:15am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	3 5:15 pm Happy Hour	4
5	6 10:15 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	7 9:00 am Group Cycle 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle	8 9:30 am SS Circuit 6:30pm Total Body	9 10:15 am SS Classic 11:15am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	10 5:15 pm 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; **Abby-** Yoga  
**Maria-** Total Body, Group Cycle PM; **Michele-** Kickin' Combo, Low Impact, Happy Hour

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## CLASS DESCRIPTIONS

**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**<sup>®</sup>- 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**<sup>®</sup>- 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.

**Yoga**- Using a fluid and slightly quicker motion between each asana will create strength and power within the body. This flow will be a perfect way to work on your cardiovascular, muscular and mental health.