



Group Exercise Schedule

October 2024

FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-----------|---|---|--|--|---------------------------------|-----------|
| | | 1 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle | 2 9:30 am SS Circuit 6:30pm Total Body | 3 10:15 am SS Classic 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics | 4 8:00 am SS Circuit | 5 |
| 6 | 7 10:15am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body | 8 9:00 am Group Cycle 10:15 am SS Classic 11:30 am Lunch Bunch 5:15 pm Retro Robics 6:30 pm Group Cycle | 9 9:30 am SS Circuit 6:30pm Total Body | 10 10:15 am SS Classic 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics | 11 5:15 pm Happy Hour | 12 |
| 13 | 14 10:15am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body | 15 9:00 am Group Cycle 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle | 16 9:30 am SS Circuit 6:30pm Total Body | 17 10:15 am SS Classic 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics | 18 | 19 |
| 20 | 21 10:15am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body | 22 9:00 am Group Cycle 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle | 23 9:30 am SS Circuit 6:30pm Total Body | 24 10:15 am SS Classic 11:15 am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics | 25 | 26 |
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For your convenience please pre-register for classes at the front desk

Amy - Silver Sneakers Circuit (mon,fri.); **Sue** - SilverSneakers, SS Circuit (wed.); **Nancy** - Retro-Robics; **Abby** - Yoga, Chair Yoga;
Maria - Total Body, Group Cycle PM; **Michele** - Kickin' Combo, Low Impact, Happy Hour; **Vickie**: Chair Zumba; **Val**: Group Cycle AM

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[®]— 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.