



Group Exercise Schedule November 2022

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 10:15 am SilverSneakers 5:15 pm Retro Robics 6:30 pm Group Cycle	2 9:30am SilverSneakers 6:30pm Total Body	3 10:15 am SilverSneakers 5:15 pm Low Impact 6:30 pm Retro Robics	4 8:00 am SS Circuit 9:00 am Walking Club (Weather Permitting)	5
6	7 8:00 am SS Circuit 11:30 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	8 9:00 am Group Cycle 10:15 am SilverSneakers 5:15 pm Retro Robics 6:30 pm Group Cycle	9 9:30am SilverSneakers 6:30pm Total Body	10 9:00 am Group Cycle 10:15 am SilverSneakers 5:15 pm Low Impact 6:30 pm Retro Robics	11 9:00 am Walking Club (Weather Permitting) 5:15 pm Happy Hour	12
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20	21 8:00 am SS Circuit 11:30 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	22 9:00 am Group Cycle 5:15 pm Retro Robics 6:30 pm Group Cycle	23 Close at 6:00pm	24 CLOSED happy thanks giving	25 Open at 8:00 am	26
27	28 11:30 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	29 9:00 am Group Cycle 10:15 am SilverSneakers 5:15 pm Retro Robics 6:30 pm Group Cycle	30 9:30am SilverSneakers 6:30pm Total Body			

****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

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.