



# Group Exercise Schedule

## September 2025

FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

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

**\*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 ; **Heather**: Step HIIT

## 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.

**Chair Zumba**- A seated full body workout to liberating and fun music. Experience Zumba like you never experienced it before.

**Step HIIT**- Join us to burn some calories, boost your cardiovascular health, and build endurance- all while having fun. With motivating playlists and creative choreography, this class provides the best sweat to your workout, and smile to your day.