



Group Exercise Schedule

January 2026



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 9:30am SS Circuit 5:15 pm Happy Hour 9:30 am Step HIIT
4	5 10:15 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	6 9:00 am Group Cycle 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle	7 9:30am SS Circuit 5:15pm Step HIIT 6:30pm Total Body	8 10:15 am SS Classic 11:15am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	9 9:30am SS Circuit 5:15 pm Happy Hour	10 9:30 am Step HIIT
11 10:15 am Bootcamp	12 10:15 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	13 9:00 am Group Cycle 10:15 am SS Classic 5:15 pm Retro Robics 6:30 pm Group Cycle	14 9:30am SS Circuit 5:15pm Step HIIT 6:30pm Total Body	15 10:15 am SS Classic 11:15am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	16 9:30am SS VIDEO 5:15 pm Happy Hour	17 9:30 am Step HIIT
18 10:15 am Bootcamp	19 10:15 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	20 9:00 am Group Cycle 10:15 am SS VIDEO 5:15 pm Retro Robics 6:30 pm Group Cycle	21 9:30am SS VIDEO 5:15pm Step HIIT 6:30pm Total Body	22 10:15 am SS VIDEO 11:15am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	23 9:30am SS VIDEO	24 9:30 am Step HIIT
25 10:15 am Bootcamp	26 10:15 am Chair Zumba 5:15 pm Kickin' Combo 6:30 pm Total Body	27 9:00 am Group Cycle 10:15 am SS VIDEO 5:15 pm Retro Robics 6:30 pm Group Cycle	28 9:30am SS VIDEO 5:15pm Step HIIT 6:30pm Total Body	29 10:15 am SS VIDEO 11:15am Chair Zumba 5:15 pm Low Impact 6:30 pm Retro Robics	30 9:30am SS VIDEO 5:15 pm Happy Hour	31 9:30 am 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.

SS Video– When our beloved SS instructor is not in town, the class still goes on! Participants are welcome to join a full SS class taught by Sue, but rather than being taught live it is a prerecorded class that is projected to the front of the room.

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.

Bootcamp Circuit– A high intensity station based workout where participants will rotate through several one minute stations combining cardio, strength, and core exercises. If you want to build stamina and strength, this class is for you!