

# Group Exercise Schedule

## May 2026

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

**\*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, Bootcamp Circuit ; **Bob**: Tai Chi ; **Pat**: Yoga

**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.

**Yoga**- A grounding Hatha class that gently connects mind, body, and soul - building strength, flexibility, and inner calm with subtle yet powerful benefits.

**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.

**SilverSneakers Classic**<sup>®</sup>- A variety of exercises designed to increase muscular strength, range of movement, and activities for daily living. 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.

**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!

**Tai Chi**- Learn ancient Chinese movement practices designed to improve balance, reduce stress, increase flexibility, support healthy blood pressure, and promote long-term wellness.