

Group Exercise Schedule

March 2026

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



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.

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!

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