



Fall Session 1, 2025 Group Exercise Schedule - 09/2/25 - 10/26/25 (SUBJECT TO CHANGE)

PROGRAMS SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

MORNING PROGRAMS

Silver Sneakers Classics		8am - 9am & 9am -10am Dance Studio	8am - 9am Dance Studio	8am - 9am & 9am -10am Dance Studio	8am - 9am Dance Studio	9am -10am Dance Studio	
Silver Sneakers Chair Yoga			9am -10am Dance Studio		9am -10am Dance Studio		
Group Exercise Classes	Indoor Cycle 8:00-9:00a N. Gym	Club Remix 8:30-9:15a N. Gym		Club Remix 8:30-9:15a N. Gym	Club Remix 8:30-9:15a N. Gym		Boot Camp 8am - 9am N. Gym
	Club Remix 9:30-10:30a Dance Studio	Boot Camp 9:30 - 10:30a N. Gym	Cardio Blast 9:30 - 10:30a N. Gym	Boot Camp 9:30 - 10:30a N. Gym	Interval Training 9:30 - 10:30a N. Gym	Cardio Blast 9:30 - 10:30a N. Gym	Zumba 9:30-10:30a Dance Studio
Water Exercise Classes			Water Works 9am-9:45a Pool	Water Works 9am-9:45a Pool	Water Works 9am-9:45a Pool	Water Works 9am-9:45a Pool	Water Arthritis 7:15-9:45a Pool

EVENING PROGRAMS

		Yoga 6:00pm-7p Dance Studio					
Group Exercise Classes		Strength & Tone 6:00 - 7:00p N. Gym		Strength & Tone 6:00 - 7:00p N. Gym	Yoga 7pm-8pm Dance Studio		
Wellness House		Zumba 7pm-8pm Dance Studio	Zumba 7pm-8pm Dance Studio	Wellness Stretch class 6:30-7:30pm Dance Studio			