



GROUP EXERCISE SCHEDULE

EFFECTIVE January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00-10:00AM Total Body Toning Instructor: Cortney		9:00-10:00AM Total Body Toning Instructor: Cortney	5:15-6:00AM Yoga Instructor: Audrey	
10:00-10:30AM Balance and Flexibility Instructor: Cortney	10:30-11:30AM Senior Elite Instructor: Mike	10:00-10:30AM Cardio Drumming Instructor: Cortney	10:30-11:30AM Senior Elite Instructor: Mike	
10:30-11:00AM Cardio Drumming Instructor: Cortney				
11:30-12:30PM SilverSneakers Instructor: Kathie	11:30-12:30PM SilverSneakers Yoga Instructor: Kathie	11:30-12:30PM SilverSneakers Instructor: Kathie	11:30-12:30PM SilverSneakers Yoga Instructor: Kathie	
5:30-6:15PM Yoga Instructor: Audrey				
	6:30-7:00PM Zumba Instructor: Casey			

CLASS DESCRIPTIONS

Balance and Flexibility-Tone and Strengthen your core and improve stability.

Cardio Drumming- A fun and simple drumming exercise that engages the upper and lower body. This class is loud, energetic and FUN!!

Senior Elite-Whether you're a seasoned individual, or getting close, Mike has the perfect program for you to stretch, get stronger and help with mobility.

SilverSneaker's Classic- Various exercises designed to increase muscular strength, and range of motion for everyday activities. Handheld weights, elastic bands with handles, and silversneakers balls. A chair is used for seated and standing support.

SilverSneaker's Yoga- Move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of poses designed to increase flexibility, balance, and range of motion. Restorative exercises and final relaxation will promote stress reduction and mental clarity.

Yoga with Audrey- Guided movements along with relaxed breathing creates a relaxing environment to improve overall health, reduce stress, and increase flexibility.

Zumba- This class fuses hypnotic Latin Rhythms and easy to follow moves to create a dance workout that increases cardio, and muscle health.



POOL EXERCISE SCHEDULE
EFFECTIVE January 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8:30-9:30AM Aquacise Instructor: George				
9:45-10:30 Joints in Motion Instructor: Kathie	9:30-11:30 Water Volleyball Instructor: George			
10:30-11:30 Aqua Combo Instructor: Tracy	10:30-11:15 Silver Splash Instructor: Kathie	10:30-11:30am Aqua Combo Instructor: Tracy	10:30-11:15 Silver Splash Instructor: Kathie	

CLASS DESCRIPTIONS

Aquacise- A total body workout using a variety of quick paced exercises held in shallow water. Great for all levels of fitness.

Joints in Motion- Enhance your range of motion small movements and light stretches. A great option for those with arthritis and prior injuries.

SilverSneaker’s Silver Splash- Designed for the active older adult to enhance movement, agility, range of motion, and cardiovascular conditioning.

Aqua Combo- A full body workout with a range of motions to help with arthritis, and cardio health.

*Movements can be altered to help those that experience discomfort. Please see instructors for alternative options.

Classes will be cancelled any time Neosho Schools close for weather. At any time the lifeguard on deck has full authority to stop classes and close the pool due to lightning or chemical imbalances.

For pool closures and updates please download the Y360 app or follow us on Facebook!



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