



GROUP EXERCISE SCHEDULE

EFFECTIVE September 1, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 – 10:00 am Total Body Toning Instructor: Cortney		9:00 – 10:00 am Total Body Toning Instructor: Cortney	5:15 – 6:00 am Yoga Instructor: Audrey	
10:00 – 10:30 am Balance & Flexibility Instructor: Cortney		10:00 – 10:30 am Cardio Drumming Instructor: Cortney		
10:30 – 11:00 am Silver Sneakers Instructor: Kathie	11:30 – 12:30 pm Silver Sneakers Yoga Instructor: Kathie	11:30 – 12:30 pm Silver Sneakers Instructor: Kathie	11:30 – 12:30 pm Silver Sneakers Yoga Instructor: Kathie	
5:30 – 6:15 pm Yoga Instructor: Audrey	5:30 – 6:30 pm HITT Instructor: Zach			
	6:30 – 7:00 pm Zumba Instructor: Casey			

BALANCE & FLEXIBILITY – Tone and Strengthen your core and improve stability.

CARDIO DRUMMING – A fun simple drumming exercise that engages the upper and lower body. This class is loud, energetic and FUN!

SILVER SNEAKERS' CLASSIC – Various exercises designed to increase muscular strength, and range of motion for everyday activities. Handheld weights, elastic bands with handles and Silver Sneakers' balls. A chair is used for sitting and standing support.

SILVER SNEAKERS' 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.

HITT – Involves exercises performed in repeated quick bursts at maximum or near maximal effort with periods of rest or low activity between bouts.