



SCHEDULE BY THE DAY

GROUP CLASSES

Monday 5:30AM Yoga Flow
10:30AM SilverSneakers
5:30PM Pilates

Tuesday 10:30AM SilverSneakers
5:15PM Pound

Wednesday 5:30AM Yoga Flow
5:30PM Pilates

Thursday 8:15AM Chair Yoga
10:30AM SilverSneakers
5:15PM Core Strength

Friday 5:30AM Yoga Flow
10:30AM SilverSneakers

Saturday 8:00AM Strength&Mobility
9:00AM Gentle Yoga

Over for Class Descriptions

CLASS DESCRIPTIONS

SilverSneakers Mon Tues Thur Fri 10:30-11:30AM

This low-impact, social class is designed for senior wellness. Fun exercises are designed to increase strength, range of movement, balance, and heart health. Perfect for all fitness levels, with exercises allowing for seated or standing support using chairs.



Yoga Flow

Mon Wed Fri 5:30-6:30AM

- ☐ Faster and fluid movement & poses
- ☐ Focus: strength, flexibility, and stamina
- ☐ Synchronizes breath and movement
- ☐ Mindfulness through movement

Gentle Yoga

Saturday 9:00-10:00AM

- ☐ Slower paced and calm
- ☐ Focus: relaxation, stress relief, flexibility
- ☐ Uses longer, deeper, relaxed breathing
- ☐ Mindfulness through stillness

Chair Yoga

Thursday 8:15-9:15AM

Chair yoga is an that adapts traditional poses and breathing exercises so they can be performed while seated in a chair or standing with a chair for support. It allows people of all mobility levels to enjoy yoga's physical and mental benefits.

Pilates

Mon Wed 5:30-6:30PM

A low-impact, full-body workout that focuses on strengthening the core, improving flexibility, posture, and alignment through controlled, precise movements. This class utilizes both body weight and dumbbells and exercises are highly adaptable for all skill levels.



Pound

Tuesday 5:15-6:15PM

Pound combines cardio, Pilates, and strength training with drumming using lightly weighted "Ripstix". Designed for all fitness levels, it focuses on rhythm, movement, and music-driven, full-body exercise that functions as a stress-relieving "jam session".



Core Strength

Thursday 5:15-6:00PM

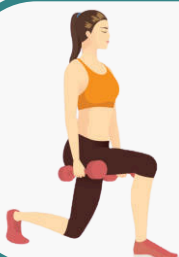
A targeted 45-minute workout to tone and stabilize your body's powerhouse. Use functional movements to strengthen the abdominals, obliques, back, glutes, and pelvic floor, resulting in better posture, enhanced athletic performance, and reduced injury risk.



Strength & Mobility

Saturday 8:00-9:00AM

Low-impact with lots of challenge. Blend strength training & mobility work to build muscle while minimizing stress on joints. It is highly effective for sustainable, long-term fitness routines, focusing on proper form to prevent injury. Perfect for any fitness level, beginners, injury recovery, and advanced.



Over for Schedule Listed by Day of Week